

May 2016 • TurleyCT.com
A product of TurleyCT
Community Publications
Volume 3, Edition 8

glastonbury LIFE

The simple life of the 18th century

Young docent loves the old days
See story on page 41

Residential Customer
ECR-WSS

PERMIT #22
PALMER, MA
PAID
US POSTAGE
PSRST STD

TurleyCT Community Publications
540 Hopmeadow St.
Simsbury, CT 06070



Savings, Guaranteed!



Benjamin Moore
Katz Hardware, Paint & Decorating



www.katzhardware.com



THE FINER TEAM IN REAL ESTATE

HARRY FINER

Sales Vice President
Exceptional Properties Specialist

860.882.4911
harry.finer@raveis.com
harryfiner.raveis.com



218 New London Turnpike | Glastonbury | CT 06033

Feature Luxury Home



25 ACCORNERO LANE, SOUTH GLASTONBURY • \$834,900

A home of distinction built by HOBI award winning Draghi & Caron Construction in South Glastonbury's newest prestigious neighborhood. This new custom home is perched on a .94 acre lot with sweeping views. It features 4 - 5 BRS has an open floor plan to allow for easy flow into all the rooms on the main level. The gourmet kitchen is great for those who love to cook with sparkling granite countertops, marble backsplash and top-of-the-line appliances. Spacious FR with fireplace perfect for special times after dinner. Upstairs there is a spacious master bedroom suite with a marble master bath including custom shower and clawfoot soaking tub. 3 other BRs all with their own en-suite bathrooms.



155 NATCHAUG, GLASTONBURY \$480,000

Minnechaug Area (5) Bedroom Colonial w/approximately 2 Acres, Remodeled Kitchen 2008, Large 1st Floor Family Room w/Fireplace, Formal Dining Room and Front to Back Living Room w/Fireplace, 1st Floor Sunroom, Finished Lower Level w/Walk-Out Slider. Fabulous Frog Pond and Gardens. Propane Generator, New Heating System Installed 2003-2004 w/6 Zones and (2) Oil Tanks.



47 DELMAR, GLASTONBURY \$299,900

(4) Bedroom, 2 1/2 Bath Colonial located on a Cul de Sac with a 1.09 Acre lot backing up to conservation land. Propane Gas powered Generator, Eat-in Kitchen with Breakfast Nook adjoins a formal Dining Room accented with a Chair Rail and French Doors that lead to the Large Screened Porch for Summer enjoyment.



60 PALASADE TERRACE, GLASTONBURY \$614,900

Distinctive features & great location in popular Red Hill neighborhood. Library/den, formal living rm & dining rm connect for easy entertaining. Custom open concept kitchen has new granite counters which opens up to the spacious family rm w/ floor to ceiling brick fireplace. Slider doors to enjoy the outdoor deck overlooking the property's apple trees. Upstairs there is a spacious master en-suite w/sitting rm & master bath.



224 NEEDLETREE LANE, GLASTONBURY \$314,900

Contemporary (4) Bedroom Home located on a large Corner Lot in a Neighborhood w/ Sidewalks & close to Pinebrook & Minnechaug Pool & Tennis Clubs & Butler Field. Features an Eat-In Kitchen w/Breakfast Bar & Granite Counters, Dining Room has fabulous evening sunsets, LR w/Cathedral Ceiling. The Lower Level has a FR w/Wet Bar & Fireplace.



3 OVERSHOT, SOUTH GLASTONBURY \$464,000

Located in the heart of South Glastonbury, this condo is one of few with 4 bedrooms. Move right in to this spacious 4 bedroom cape with views of the Hartford skyline. First floor master suite with walk in closet opens up to the deck. Finished walk out basement adds almost 600 square feet of living space. **SELLER TO PROVIDE BUYER WITH 1 YEAR PRE-PAID HOA FEES**



284 FARMCLIFF, GLASTONBURY \$389,900

Kamis quality built (4) Bedroom (2 1/2) Bath Colonial featuring Large Open Kitchen / Family Room w/Brick Fireplace, Formal Dining Room, Formal Living Room w/Fireplace. The lower Level has a 13 X 26 Finished Family / Entertainment Room with an adjoining Office. The Farmcliff Area was built with no two homes alike, each one was Custom Built w/Colonial Charm.



30 SUNSET, LEBANON \$239,900

Enjoy your summers with Clear Cool Water at Amston Lake, Lebanon on hot summer days! Swim, Kayak, Sail on this beautiful lake. The cottage features a large Open Kitchen / Family Rm w/Propane Fireplace, (3) Bedrooms & (2) Full Baths. A large porch on lakeside facing the Boat Dock. This is your summer vacation waiting for you, just a short distance from the city in quiet east of the Connecticut River Lebanon.



51 AMES ROAD, HEBRON \$899,900

Quality Construction by Draghi & Caron Construction to be built upon buyer contract. Lake Views, access to lake through Association Beaches and Boat launches. Sewer available, or septic system.



233 PICKERAL LAKE, ROAD, COLCHESTER \$234,900

Antique Period Saltbox Colonial sitting upon a country knoll located near Pickerel Lake. This home features an In-ground Pool, large lot allows animals. The House has many period features w/multiple fireplaces, recently re-finished Hardwood Floors, Sunroom, Updated Kitchen w/Granite Counters, Hugh 1st Floor Family Rm looks over pool area. Fabulous Year Around or Summer Get Away property.



437 MOODUS ROAD, EAST HAMPTON \$312,900

Raised Ranch home w/In-Law Apartment w/Separate Entrance. Large lot w/In-ground Pool. In-Law Apartment features (3) Rooms & possible LL FR expansion. The Main house features a remodeled Kitchen w/ SS Appliances, Breakfast Bar & Ceiling Fan. DR opens up to a LR Room w/FP. Lower Level boasts a FP, Entertainment Area & a Mini Kitchen & 1/2 Bath. In-Law Apartment built in the mid 2000s, adds about 800sf.



13 HAWTHORNE, EAST HAMPTON \$234,900

Lake Pocotopaug year round water front home w/ability for dock & personal pontoon or motor boat. You'll enjoy participating in the summer boat parade and many lake parties. Sear's Point activities throughout the summer. The house features a large combination dining area family room with vaulted ceilings and fantastic lake views. The large oversized private deck also provides extra entertainment area and relaxation.



69 BURNAT BROOK ROAD, ANDOVER \$369,900

New Quality Construction to be built on 4 Acre Country Lot. Plans shown are for a smaller house, adding 6' to total width of house making the house about 1900 Sq Ft. Building lot also listed under MLS #G10098402 Call now for meeting with the Builder to discuss plans and specifications.



16 RUFF CIRCLE, GLASTONBURY \$384,900

Located on a cul de sac you'll find this meticulously maintained contemporary home w/(3) bedrooms, open kitchen/family room & formal dining & living rooms. Master bedroom w/full bath & walk-in closet. Large 16'x28' deck overlooking a fine manicured rear lawn with flowering plants and shrubs.



224 DEEPWOOD, HEBRON \$299,900

Amston Lake recently remodeled Cape Cod including a fabulous new center piece EHL Custom Cherry Kitchen w/Granite Counters. There are (3) Bedrooms including the 1st Floor Master. A huge partially Finished Bonus Room over the extra-large (2) Car Garage. A few finishing touches will make this an Amston Lake Charmer! Lake Views! 1 Year AHS Home Warranty included with Purchase.



11 COPLEY ROAD, GLASTONBURY \$299,900

End Unit Condo w/ Updated Kitchen, Combo DR/LR, 2 Bedrooms, 1 1/2 Bath Private Stone Patio, 1 Car Garage Offered at \$209,900



44 DOGWOOD LANE, GLASTONBURY \$479,000

New Construction with Immediate Occupancy Available. As you enter this home you'll immediately know that it is a special one of a kind. The Custom Kitchen is open to a large Family room w/Fireplace. This is a must see home situated in a Cul de Sac street in a great established area. This is an energy efficient home with Passive solar heat, and solar panels.



JOE ASHMORE



PATTI DELANEY-GARAFOLO
RICH COLE



RENEE MEUSE



ALLISON PAGLIUGHI



HARSHAL PATEL



ERIC WOLD



ROY WRENN



HELEN GU

WILLIAM RAVEIS

REAL ESTATE • MORTGAGE • INSURANCE

The Largest Family-Owned Real Estate Company in the Northeast

BUYING OR SELLING? CALL FINER FIRST!

glastonbury LIFE

May 2016

Read online: TurleyCT.com

540 Hopmeadow Street
Simsbury, CT 06070
t 860-651-4700
TurleyCT.com

QUOTE OF NOTE:

“The broader goal, beyond teaching the children about bird life in Cuba, is to teach them about conservation and the importance of protecting species.” –Will Young

See story page 4

ON THE COVER

Annika Hurley volunteers as a docent at the Welles-Shipman-Ward House and hopes to work at Old Sturbridge Village some day.

Photo by Brian Ambrose
See story page 41

- 4 Working dogs
- 16 Model T to today
- 18 Student of the month
- 19 From computers to wine
- 23 Artisans Boutique
- 26 News roundup
- 28 People notes
- 29 Business notes
- 44 Event spotlight
- 46 Calendar
- 48 Slice of LIFE
- 50 Your thoughts
- 53 Note from Nancy

Time Tested
and Weather Resistant



POLY ENGLISH DINING SET NOW ON SALE!

~ Visit our *Patio Furniture Showroom* ~

DINING | SOFAS | SWIVEL ROCKERS | ADIRONDACK CHAIRS & MORE!



KLOTER FARMS

KloterFarms.com 860-871-1048 216 West Rd, Ellington



Simon G.

VISIT STERLING JEWELERS TO SEE THE
SIGNATURE COLLECTION



Sterling Jewelers

965 Silas Deane Highway ~ Wethersfield, CT 06109
(860) 529-1187 ~ Toll Free 1-866-209-0717
www.ShopSterlingJewelers.com



Will Young has established a foundation that provides binoculars and guides for use by students in Cuba.

Courtesy photos

Local man helps young birders in Cuba

Will Young works with Audubon and others

by Nancy Thompson
Editor

Some of the most beautiful birds on earth live in – or travel through – Cuba. Will Young is helping students there see them up close.

Young, an avid birder himself, has been traveling to Cuba on trips sponsored by the Connecticut Audubon Society for about seven years. It hasn't always been easy.

At first, the group had to enter Cuba from another country since travel from the U.S. was banned, although the recent thaw in diplomatic relations has made travel between the two countries easier.

During one of his trips, Young came up with the idea of finding a way to provide high-quality binoculars for use by students in eighth grade and beyond who want to observe and learn about their nation's birds.

"Walking along, I understood poverty and the lack of optics and thought of the kids," he said.

He established the William C. Young Family Foundation and is using part of its proceeds to buy binoculars and deliver them to educators and field guides in Cuba.

"I've always been interested in philanthropy," he said. "I've done a lot of work in non-profits. With the foundation I can create my own philanthropic projects."

Buying the binoculars was simple. Getting them into the hands of Cuban field guides, and eventually to students, was somewhat more complicated.

Young talked with Andy Griswold, the director of eco-travel for the Connecticut Audubon Society, and they came up with a plan.

Last spring, Young and his wife, Penny, along with others taking part

in a survey of Cuban birds sponsored by Connecticut Audubon and the Caribbean Conservation Trust, took 10 pairs of binoculars, five field guides to the birds of Cuba, five guides to the national history of Cuba and a copy of the Sibley Guide to Birds with them to give to Osmany Borrego, a local guide and assistant director at Guanahacabibes National Park in Pinar del Rio Province, to use with students. Some of the people on the trip were so impressed with Young's plan that they donated money to help with future purchases.

"They wanted to feel part of the process," Young said.

He said he has found other non-profits that deliver optics –



Will Young is hoping to sell this painting, which he bought in Havana on a recent trip, to raise money for his foundation.

the term used by birders for binoculars and telescopes – to Cuba and other Latin American countries, but he believes his is the only group targeting children.

When the tour ended last year, Young stayed in Havana for a few days and visited local art galleries. He returned with six oil paintings and two pencil drawings that he wants to sell to raise money for additional binoculars and guides.

A love of birds and of helping others

Young has been birding for several years, often on Block Island, where Audubon groups from Connecticut, Rhode Island and Massachusetts often travel to observe the great migration of birds in the fall. He grew up in New Canaan and earned a degree in English literature from Boston University and in food service management from Johnson & Wales University before working for several years in the wine industry, both wholesale and retail, and later for Mitchell College in New London, where he was the director of advancement services and the annual fund. He left Mitchell in 2008 and took a job with the United Way in Bristol, where he was the group's data administrator before retiring in 2015.

He has served on the endowment campaign and the finance and administration committee at South Church in New Britain, on the stewardship committee of Harbor Church on Block Island, and as board president of Inter Community

Mental Health Group in East Hartford and Westerly Area Rest Meals WARM Inc., in Westerly, Rhode Island.

Griswold praised Young for his support.

"Will and Penny Young graciously host a welcome get-together for Connecticut Audubon Society's annual fall trip on Block Island at their house on the island," he said. "They have been enthusiastic supporters of our programs for a number of years."

Griswold said he is impressed with Young's enthusiasm about birds and conservation and his hands-on approach to their joint project.

Another kit with binoculars and books was to be delivered during a trip in late February.

Young hopes his project will help conservation efforts on the island nation.

"The broader goal, beyond teaching the children about bird life in Cuba, is to teach them about conservation and the importance of protecting species," he said.

"Unfortunately, a common prac-



Courtesy photo

Will Young is hoping to sell this painting by a Cuban artist to raise money for his foundation.

tice in Cuba is to capture birds and keep them as pets. The Cuban Grassquit, which is endemic to Cuba, is a favorite. In addition, the need for Cuban bird guides is growing with more and more trips emanating from the U.S. Exposing and teaching children the skills of birding should inspire some to become guides, scientists or any

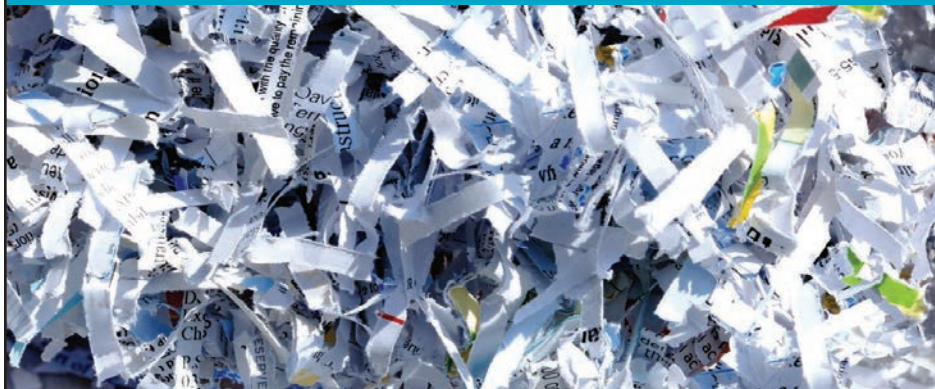
number of professions related to the environment and/or conservation." **GL**

Anyone interested in contributing to Young's efforts or buying some of the paintings may contact him by email at wcy888_2000@yahoo.com.

To learn more about CT Audubon's eco-tours to Cuba and other places, send an email to ecotravel@ctaudubon.org or visit ctaudubon.

The UPS Store

Shred with confidence



Take an important step in protecting your identity: shred old documents and files

Visit us at:

2842 Main St
Glastonbury, CT 06033
P. (860) 633-0051
store0648@theupsstore.com
theupsstorelocal.com/0648

50% OFF
SHREDDING SERVICES

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2016 The UPS Store, Inc. Offer expires 12/31/16.

The UPS Store 

All shredding and recycling receptacles and services are provided by Iron Mountain Information Management, LLC and its subcontractors (collectively, "Iron Mountain"). Neither The UPS Store, Inc., nor The UPS Store franchise network are affiliates of Iron Mountain, and no sponsorship or endorsement is intended or implied. The UPS Store locations are independently owned and operated by franchisees of The UPS Store, Inc. in the USA and by its master licensee and its franchisees in Canada. Products, services, pricing and hours of operation may vary by location. Valid at participating U.S. locations. BY USING THESE SERVICES, YOU AGREE THAT THEY ARE PROVIDED "AS IS" AND WITHOUT ANY WARRANTY OR REPRESENTATION OF ANY KIND, WHETHER EXPRESS, IMPLIED OR STATUTORY, INCLUDING, BUT NOT LIMITED TO, IMPLIED WARRANTIES OF SATISFACTORY QUALITY, MERCHANTABILITY, AND FITNESS FOR A PARTICULAR PURPOSE, AND WITHOUT ANY GUARANTEE OF COMPLIANCE WITH ANY OBLIGATION, INCLUDING FEDERAL OR STATE LAWS AND REGULATIONS. NEITHER THE UPS STORE, INC. NOR THIS THE UPS STORE LOCATION SHALL BE LIABLE FOR ANY DAMAGES OF ANY KIND, HOWEVER CAUSED. Copyright © 2015 The UPS Store, Inc. MS410_6050415



JULIA ROSNER

860-508-3636

Julia.Rosner@cbmoves.com

#1 Glastonbury
Coldwell Banker Realtor



Spring Market is Here!



NEW LISTING!



Glastonbury - \$644,900

5 BR Buttonball Colonial. Chef's kitchen with custom cabinetry & island. Open floor plan w/office & 2nd floor bonus room. Three fireplaces, 2 staircases, 3-car garage, irrigation sys, sec sys, new roof, furnace & A/C. LL media room. Patio & fenced yard.

NEW LISTING!



Glastonbury - \$395,000

Spacious home on 1.84-acres with winter views of Diamond Lake. Granite kitchen, 3 fireplaces, central vac and skylights. Wing with separate entrance and bath. 4BR, 4.1BA, 4,133 sq ft plus finished LL. Diamond Lake privileges! Sold as-is.

NEW LISTING!



Glastonbury - \$524,900

Desirable cul-de-sac for 4 BR 2.1 BA Colonial in Minnechaug Village neighborhood. 2nd floor bonus room, 3-car garage, new roof, 2 staircases. Open floor plan & 9 ft ceilings on 1st floor. Large backyard. Public water & sewer and natural gas!

UNDER DEPOSIT IN 3 WEEKS!



Glastonbury - \$314,900

Updated 4 BR Colonial. Remodeled kitchen w/island & breakfast bar. Open floor plan. Patio, fire pit & large backyard. FR in LL adds 600+ sq ft. Newer Buderus furnace. Close to Highland Park Market & Buckingham Park!

Call me for a complimentary market evaluation of your home!



Working like a dog

Shop owners enjoy company of their four-footed friends

by Mara Dresner
Staff Writer

As much as we love our dogs, most of us have to say goodbye as we head off to work. However, several local store owners have found a way to spend more time with their best friends – by bringing them to work. In honor of National Pet Month, Glastonbury LIFE visited with some of these dogs at work to learn the true meaning of “a dog’s life.”

My name is: Jjang-Goo.
It’s a Korean name that reflects my mischievous personality.

I’m a: part poodle

My human is: Soonok Kim

We’ve been together for:

exactly 12 years

I hang out at: Kim’s Nails

During the day, I like to: sleep over the warm table. Customers love to watch me and I’m always willing to let them pat me. I’m loved by every single customer. People tell me I’m sweet and gentle and smart.

My nemesis is: dogs in cars.

If I see a customer parking a car and there’s a dog inside the car, I’ll bark and let you know. I also don’t like when men walk by my window.

My favorite snack is: I like every kind of treat. I love to eat! I remember every customer who has brought me a treat.

When I’m not at work, I like to: just be with Kim. We’re working



Photo by Mara Dresner

seven days a week. I’m getting old; my owner’s getting old. I love to be with Kim, just sleeping or sitting and watching her.

Come visit me at: Kim’s Nails, 2249 New London Turnpike.

My name is: Ginger Girl
I’m a: Pembroke Welsh Corgi
My human is: Emmy Lou DeBari
We’ve been together for: almost a year. I was adopted in July 2015.
I hang out at: Emmy Lou’s Ltd.

Pamper yourself this Spring

Get ready, set, gorgeous with our rejuvenating and body sculpting technology



FACIAL SCULPTING

- ◆ *ExpresS-Lift Face Lift*
- ◆ *Eyelid Lift (Blepharoplasty)*
- ◆ *Endoscopic Brow Lift*
- ◆ *Chin Implant*
- ◆ *Facial Fat Transfer*
- ◆ *Precision TX™*
- ◆ *ThermiSmooth™*
- ◆ *Laser Resurfacing*

SKIN REJUVENATION

- ◆ *Botox®*
- ◆ *Juvederm®*
- ◆ *Restylane® (Silk & Lyft)*
- ◆ *Radiesse®*
- ◆ *Sculptra®*
- ◆ *Voluma®*
- ◆ *Fraxel Laser*
- ◆ *Active FX/Deep FX*
- ◆ *PicoSure Focus*
- ◆ *IPL Photofacial*

HAIR RESTORATION

- ◆ *Follicular Transplants*
- ◆ *Micrografts*

BODY CONTOURING

- ◆ *Liposuction*
- ◆ *Body-Jet Liposuction*
- ◆ *Lipo-Augmentation*
- ◆ *SmartLipo™*
- ◆ *SlimLipo™*
- ◆ *ProLipo™*
- ◆ *ThermiTight™*
- ◆ *CoolSculpting®*
- ◆ *Cellulaze*

BREAST ENHANCEMENT

- ◆ *Natural Breast Augmentation*
- ◆ *No-Scar Breast Reduction*



ACCREDITATION
ASSOCIATION
for AMBULATORY HEALTH CARE INC.

844.550.7828

THE LANGDON CENTER

LangdonCenter.com
Guilford



Ginger Girl



Django

Photos by Mara Dresner

During the day, I like to: greet customers at the door. I am the official greeter at the store and I greet everyone as they come in. I like to be petted and will often indulge in a tummy scratch. When kids are playing with the toys, I'll supervise. I also enjoy toys with squeakers and can usually remove the squeaker in just a few minutes. My favorite toy is a stuffed Welsh Corgi that I like to

carry around the store.

My nemesis is: No one. I like everyone, especially customers who bring me treats.

My favorite snack is: dog biscuits and people's animal crackers.

When I'm not at work, I like to: take long walks at the Glastonbury Audubon.

Come visit me at: Emmy Lou's Ltd., 17 Hebron Ave.

Personalized Jewelry To Celebrate Mom



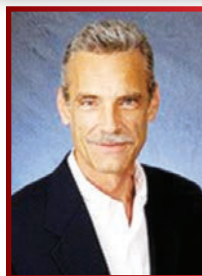
Pennachio Jewelers

120 Hebron Ave • Glastonbury • (860) 652-0806

www.pennachiojewelers.com



The Gritter Firm, LLC
Comprehensive Business Counsel
www.gritterfirm.com



Jerry Gritter
gritterpa@gmail.com
(561) 391-8899



Ryan Gritter
ryan@gritterfirm.com
(860) 266-6048

Business Formation
Contract Drafting and Review
Corporate Finance
Real Estate

"I am an entrepreneur with a new business who was looking for an attorney who could both provide immediate assistance and become a long-term trusted advisor... Attorney Gritter accommodated my schedule to take a meeting, attentively listened to and addressed my concerns, and returned deliverables as promised. I was impressed with the quality of his work as well as his willingness to answer my questions in an efficient and timely manner." — Lauryn, from Glastonbury

The Gritter Firm provides counsel to businesses at all stages, working with clients in all aspects of their businesses, including corporate governance, entity selection, business structuring, business and tax planning, finance and securities, mergers and acquisitions, and any other issues that may arise. Our attorneys can assist you in structuring and negotiating business agreements, drafting and review of contracts, and ensuring proper documentation and regulatory compliance throughout all of your business' transactions.

437 Naubuc Ave., Suite 107, Glastonbury, CT 06033
(860) 266-6048

My name is: Django. You don't pronounce the "D."
I'm a: golden retriever or what some people call an English cream retriever

My human is: Nate Brahm
We've been together for: 8 years

I hang out at: Whole Tone Guitar

During the day, I like to: nap and get treats from anyone I can. People come just to visit me and say hi. I like the attention from the customers. One of my favorite places to sleep is on the rug by the front counter.

My nemesis is: loud bass demos!

My favorite snack is: Pup-Peroni

When I'm not at work, I like to: go for walks with my mother, Jill, especially behind the Audubon. I also like chasing my tennis ball and playing fetch with the kids.

Come visit me at: Whole Tone Guitar, 2333 Main St.

My name is: Shadow
I'm a: Black Lab
My human is: Bob Krieger
We've been together for: 7 years

I hang out at: Katz ACE Hardware

During the day, I like to: sleep in the office and on the rug by the paint department. On weekends when I'm at the store, I like to hang out near the popcorn machine or I follow little kids who are eating popcorn around the store, just in case they drop some. I also spend a lot of time waiting – for contractors to come in with snacks and for other dogs to come in to play with me!

My nemesis is: being left behind. I don't want to miss any of the action.

My favorite snack is: popcorn.

When I'm not at work, I like to: play in the snow, go hiking with my family and go jogging with my dad! At night, I have to sleep next to someone's bed every night. I like to be around my family.

Come visit me at: Katz ACE Hardware, 2687 Main St. **GL**



Shadow



Jeffrey Bodeau
860.463.9296
Jeffrey.Bodeau@raveis.com



55 Accornero Lane, South Glastonbury - \$1,595,000
 Two year old architectural masterpiece featuring over 6,000 sqft of living bliss! The level of detail and craftsmanship is unparalleled. Features include exquisite chefs kitchen, home gym, heated pool & spa, complete home Smart System, and amazing city views.



30 Signal Ridge Road, South Glastonbury - \$1,390,000
 Custom designed and crafted colonial. The attention to detail will astound even the most discerning buyer. Taking one year to build, the owner and builder worked intimately to achieve the highest level of craftsmanship. 2014 HOBI Award for "Best Custom Home Over 5000 sqft in Hartford County."



387 Main St., South Glastonbury - \$377,000
 Remodeled 4 bed, 2.1 bath colonial. Nearly 2000 sqft of updated bliss. Refinished hardwoods, a master suite to die for, partially finished walkout lower level, oversized 2-car garage, circular driveway, professionally landscaped, new electrical, well pressure baffle, generator hookup & more.



157 Paxton Way, Glastonbury - \$685,000
 Exceptional home in highly sought-after neighborhood. Luxury & elegance abound throughout this 3,947 sqft, 4 bed, 3.1 bath property. Entertaining was on the forefront of the owners mind when building. Many updates & appointments beyond the norm and sure to please. Partially finished walkout LL.

Courtesy photo



Beatrice Maslowski, community network builder at Foodshare, took the SNAP Challenge for seven days to get a feel for what it's like to plan meals when someone is using the Supplemental Nutrition Assistance Program.

Taking the challenge

Eating on 'SNAP' allotment isn't easy

by Mara Dresner
Staff Writer

You might try to save money when grocery shopping by using coupons, checking for the best prices on your favorite items, maybe even going from store to store searching for bargains. For many people, the opportunity to save a few dollars here and there is welcome. For some, it's a necessity as they struggle to make ends meet using the Supplemental Nutrition Assistance Program or SNAP, formerly known as the Food Stamp Program. The program feeds millions of families in the United States each month.

To better understand what

people go through while living on a limited budget, some folks, often those aligned with the food community, take the SNAP Challenge, which officially occurs during Hunger Action Month in September, although the SNAP Challenge can be taken at any time.

The SNAP Challenge was started by the national hunger organization Feeding America in 2008.

"It's a nationwide initiative to mobilize the public to take action on issues of hunger and to understand hunger in their community," said Beatrice Maslowski,

Do you need to take charge of your health?

Come in for a

nutritional health assessment

you will leave with a complete view of changes you can make today!

After you complete your health assessment with our POP health professional, you will receive an evidence-based report concerning your health.



For a limited time we will be offering our \$49 Health Assessment at the reduced price of \$25. *With this ad.*

Also exciting news, we are covered out of network by **INSURANCE** at about 60% for people with certain conditions. Call to ask.



Glastonbury 860.918.9176
Old Saybrook 860.339.5461
www.popweightloss.com

Find us on    

BC/BS definitely covers us!!

Call and book a consult with Marla Alibrio, MS, RD Today!



Glastonbury Resident "Committed to making my town healthy."

The Webb-Deane-Stevens Museum Shop

Spring Opening!

Bright Tunics, Scarves & Jewelry. Pastel candles, moving flame candles, Prospect Harbor, Maine gardeners soaps, Lavender Dusting Powder, Sea Scrub, Lotions & Men's Classic Shave.



221 Main St., Wethersfield, 860.529.0612
Open Daily (Except Tuesdays)
10am - 4pm • Sundays 1pm - 4pm



READ
LIFE
ONLINE AT

www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS



Keep everything you treasure.

Including your best friend.

At The Heights senior living community, you can choose one of our newly-renovated cottages or apartments, both giving you plenty of space to keep the things you can't live without.

Live independently, and should you need a little help, you'll have priority access to our full continuum of care including a range of assisted living services.

Keep everything you treasure – including money in your pocket. We don't charge an entrance fee and we'll give you up to **\$1,000 towards a moving specialist and moving company services PLUS one month's FREE rent.**

550 Avery Heights • Hartford, CT 06106



Come explore The Heights

Join us for an
Open House and Luncheon:

Sat., May 14th and
Wed., May 25th.

Event starts at 10:45 a.m.

*For more information, or to
RSVP for upcoming events, call:*

860-953-1201 ext 403





GET *Busy* LIVING

"I'm a Baby Boomer. My generation has a whole different take on what it means to 'act your age.'"

Richard Heath, CEO


Seabury
An Active Life Plan Community

Seabury has collaborated with a top architectural firm on major development plans, including 68 new independent living residences as well as a salon, bistro, day spa and other luxury amenities.

If you'd like to learn more, information sessions are held at Seabury every 1st Thursday at 1:30 p.m. and every 3rd Wednesday at 10:30 a.m.

Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org

200 SEABURY DRIVE | BLOOMFIELD, CT 06002-2650

(860) 286-0243 | (800) 340-4709

WWW.SEABURLIFE.ORG | INFO@SEABURLIFE.ORG

BEST OF
Hartford
MAGAZINE



A Proud Member of
ICAA
International Council on
Aging



"It is one way we can stay close to the mission and have empathy for the people who need our help."

– Sarah M. Santora

a Glastonbury resident and community network builder at Foodshare, which serves 42 towns in the Greater Hartford area.

The current allotment for SNAP is \$4.40 a day for a single person or \$30.80 per week, although it was slightly less when Maslowski took part in September 2014.

"We talk about hunger; I work in communities that are dealing with hunger. I thought it would be an important step. I took it for seven days. We have had people do it for 30 days, an entire month. I felt it would be important to really kind of understand what it's like to subsist on 1.40 per meal," said Maslowski, who has been with Foodshare since July 2013.

Even though she is familiar with the issues and had the support of her co-workers, some of whom had done the challenge before, she said the week was eye-opening.

"It was difficult and I'm a person who has a car. I can go to different stores to check for different prices," she said. "I took my entire budget ... and sat down in advance of starting it and tried to allocate it as best I could and try to eat as healthy as I could during the seven days."

She wasn't always successful. "I was hungry sometimes," she said. "I had bought bananas because they were marked down and by the end they were looking sad. I should have bought them in stages. I also checked out the marked-down section. Like in the back of Stop and Shop, they have produce that's near the end of its life. I remember I found four very nice apples for 97 cents. I remember I was very excited."

There are a number of guidelines to follow during the week, including not accepting food that might be offered, such as at a work or family event.

"I had to give up coffee. We have free coffee here at Foodshare, yet not every SNAP recipient has free coffee at the office. If I had coffee, then I'd have stevia, then fat-

free half-and-half, then all I would have [for the week] is coffee or fair portion of it, so I stopped drinking coffee," she said. "You can't say, 'I'm doing the SNAP challenge and I'm out of food, can I come to your house for dinner?' To the degree you can, you put yourself in someone else's shoes, someone with limited financial resources, who is having to make decisions about food."

She did have to make some other changes to her diet over the week, focusing on soup-like meals with rice and beans, getting guidance from her fellow Foodshare staffers.

"What I found interesting was looking at the little packets of chicken broth. The low sodium chicken broth was more expensive than the regular. I never would have noticed, but as I was shopping and looking at prices, that jumped out at me," she said.

Maslowski said the weeklong experience only gave her a limited idea of what the experience of being on SNAP is like.

"I think the important part is at the end of the seven days, I can say I did this, I learned these things, I have a better understanding of it. People who are actually living this don't have an end date. They are continually living with the uncertainty of where their next meal comes from," she said. "It's a chance to understand it, but I'm not really living it. People would be surprised to know there really are people from all walks of life, people who had previously high-income levels who have fallen through the safety net. They're having to make decisions every day. Do I buy food? Do I buy medicine? Do I pay my electric bill? Food is one aspect of a larger picture of poverty."

That aspect is sometimes lost when celebrities and business executives take the SNAP Challenge and post photos of what they're eating, such as Gwyneth Paltrow's photo when she attempted the challenge and sent out a photo that had seven limes.



READ
LIFE
ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

"It generated a great deal of discussion," Maslowski said. "The importance of the SNAP challenge is to raise awareness about food insecurity. The point isn't to take away from the actual voices of food insecure people."

Sarah M. Santora, community involvement manager for Foodshare, said doing the challenge offers a new perspective for employees.

"Foodshare encourages our staff to take the SNAP Challenge or ride on the mobile Foodshare truck," Santora said. "It is one way we can stay close to the mission and have empathy for the people who need our help. Beatrice has a passion for the work we do and compassion for our hungry neighbors. After the last SNAP Challenge, she reminded me that for us it's just a temporary lack but for those around us it is their everyday experience. It is great to work with dedicated professionals who really 'get it.'"

While some people commit to the challenge for a month, Maslowski was glad when the week was over.

"I just couldn't imagine how you

would do this for a long period of time. I couldn't imagine how you would do this for a month, two months or 'I don't what the end date is.' I tried to imagine doing this for the long haul and how difficult it would be," she said. "I'm aware about hunger but I'm not actually living it every single day. That's what I thought about. I did this for seven days. I stuck to it rigorously. I followed the rules as I understood them. I thought it was very important to do things the right way. It definitely made me more aware. The concept for the SNAP Challenge is to come away with a sense of compassion and empathy about, 'Wow, this is not easy.' One hopes that awareness can translate somehow or another into action. I think that's important." **GL**

Mobile Foodshare is at First Church of Christ Congregational, 2183 Main St., every other Wednesday from 10:15 a.m. to 11 a.m. April sessions are April 13 and 27. The 33rd Annual Foodshare Walk Against Hunger, the organization's biggest fundraiser, will take place May 1 in Hartford. Learn more at foodshare.org.

Want to try the SNAP Challenge?

Start with these guidelines:

- Spend no more than \$4.40 a day on food and drink. Count all food bought and eaten during the challenge in total spending, including dining out.
- Do not eat any food bought before the start of the challenge. Whenever possible, avoid accepting free food from family, friends and coworkers, since these opportunities are not always available to those in need.
- Eat as healthy as possible, keeping in mind that many people eat this way every day, whereas you can make up for lost nutrients next week.
- Get your children involved by sharing with them your reasons for participating, what you are eating during the challenge and why you have chosen to take part. Please note: it is important that children receive all of the necessary nutrients for growing strong and healthy, so Foodshare does not support participation for younger children.
- If you take the challenge for an extended period of time, you may spend your overall budget in larger allotments, for example, looking at a budget for the month. Planning ahead will help you maintain a much better-balanced diet in the long term.
- Track your spending and publicly share your experience on a blog, Facebook, Twitter, etc. You can also check out blogs from past SNAP Challenge participants and get tips at foodshare.org.



Pinwheels
Toys & Games

Pop on in and check out our summer toys!

41 Hebron Ave. Glastonbury, CT 860.430.2954

Open 7 days a week!

Mon-Fri	10-6
Sat	10-5
Sun	11-5

Complimentary gift wrapping

Check out our free events at pinwheelstoy.com

facebook
FOLLOW US ON Instagram



vineyard vines

WE MOM

63 Hebron Ave, **Glastonbury** 860.633.1817
970 Farmington Ave, **West Hartford** 860.216.6221
926 Hopmeadow St, **Simsbury** 860.408.1239

Find the perfect gift for Mother's Day and receive a limited edition scarf with your purchase of \$200 or more!*

Open 7 days a week!
FREE GIFT WRAPPING!

*Gift with purchase while supplies last, beginning April 28. One per customer.

The Silver Dahlia



Photo by Mara Dresner

Sewing store moves to Hebron Avenue

Family shop started small more than three decades ago

by Mara Dresner
Staff Writer

Close to Home has a new home of its own. The sewing center, which also has a decorating division, Connecticut Shade and Blind, has moved from Main Street into a new building on Hebron Avenue. The business is owned by Ron

and Marilyn Gattinella, who have been married for 45 years. They founded the business in 1982.

"We were on Naubuc Avenue in a little 350-square foot [space] inside of Nap Brothers furniture store. It was just a small quilt shop," Ron said.

Two years later, they moved into

a space on Main Street.

"We went from 350 square feet to 2,900 square feet and we took on sewing machines and home décor," he said.

About 10 years later, they expanded the space, expanding the amount of fabric and increasing the number of sewing machine brands they carried.

When the neighboring Goodwill store wanted more space, they decided to build a place of their own.

"We bought three lots. There

were two buildings that had to be demolished; we did that last year and here we are. It's 6,000 square feet and an apartment upstairs," Ron said. He and Marilyn will live in the apartment when it's done. "We have quilting fabric and quilting and sewing accessories, that's one department. The other department is sewing machines, sergers and embroidery machines, and the third department is Connecticut Shade and Blind, which is custom window coverings."

They have a full line of blinds,

LEFT: Ron and Marilyn Gattinella, who have owned Close to Home since 1982, have moved their store to a new building on Hebron Avenue. **RIGHT:** Close to Home carries several top brands of sewing machines including Bernina, Janome and Singer. Many of their customers own multiple machines.

SAVE THE DATE!

Step into the Circle of Mercy





On Monday, June 13, 2016, we invite you

to the beautiful greens of The Hartford Golf Club to **raise** green for The Mercy Community. West Hartford's premier not-for-profit Continuing Care Retirement Community includes independent/assisted living center The McAuley and skilled nursing facility Saint Mary Home. Each year, we hold a charity golf tournament and dinner to benefit our residents, clients, and programs and to shine a light on our Mission of compassionate service. Step onto the fairways and into The Mercy Community.

For registration or sponsorship information, please visit www.TheMercyCommunity.org or call 860.570.8305.



Reupholstery • Slipcovers • Fabric • Furniture • Custom Window Treatments • Wallpaper • Flooring

SPRING SALE



**REUPHOLSTER
a SOFA or 2
CHAIRS
for
\$529***

*Plus the cost of
our fabric



10% OFF ALL FABRICS

*Previous orders do not apply. Must present coupon at time of order.

Old Lyme
860-434-4242

Hartford
860-244-3475

Toll Free
877-688-3475

Family owned & operated showroom & workroom since 1929

EHRlich DECORATING & UPHOLSTERY LLC

*Previous orders do not apply. Only applies with purchase of our fabric.

Showroom & Workroom 3324 Main Street, Hartford, CT
www.ehrlichdecorating.com

Not Affiliated With Ehrlich Interiors in Farmington

TurleyCT Community Publications
Life Publications The Valley Press The West Hartford Press
To advertise call 860-651-4700 • TurleyCT.com

shades, shutters, draperies and fabrics as well as notions books, threads and battings and sewing machines from Baby Lock, Brother, Bernina, Janome, Singer, White and Husqvarna. They also do repairs and offer a variety of classes.

Over the years, they expanded to three stores with other locations in Orange, run by their son Paul, and Southington, run by their son Marc.

"Close to Home, owned by a family, means family to a lot of people. Our sewing community consists of several generations who have purchased and enjoyed machines from us," Marilyn said. "Quilters have been creating things for themselves, their children and grandchildren. ... [We] share our enthusiasm, solve problems and enhance the lives of our customers."

The Glastonbury shop has 11 employees.

"Each of our coworkers takes ownership of any telephone call or request and follows through and makes sure that whatever the request was they take it right to the end. We only sell quality products. The fabrics are high quality; all the machines are high quality," he said.

Terri Almond of Wethersfield started shopping at Close to Home when she bought a sewing machine there after retiring in 1996. She's since taken many classes and bought other sewing machines.

"I like going there. I always learn something new. It's important to keep your interest in sewing to always learn something new," said Almond, who learned to sew from her mother when she was a young child.

She said she enjoys making quilts and participates in the store's quilting sampler classes.

"Every month we put together a new block and at the end of the year, you have a quilt," she said.

Almond is also impressed with the store's accessories.

"I also like their fabrics. They have good quality fabrics, good quality notions," she said. "Everyone there is very helpful. Ron and Marilyn are the best. It's just a pleasure to go there."

Ron said the store's growth has surprised him a bit.

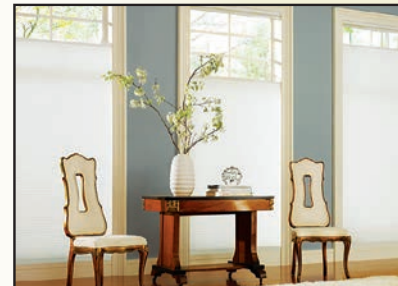
"When we first started, if you told me people would own two sewing machines, I would not have believed you, but people own two, three, four, five. We have an incredible customer base, from little kids up to professional women, some men, from all walks of life, judges attorneys, nurses, all kinds of occupations," he said. "I think sewing was always popular but it was a need. Today, it's fun and creative." **GL**

Close to Home is at 277 Hebron Avenue, 860-633-0721, closetohomesewing.com.



Welcome to Our "MOVED TO A NEW BUILDING" Saleabration!

277 Hebron Avenue, Glastonbury • formerly 2717 Main Street



We offer it all, from blinds to shutters, draperies, cushions, valances and much more!

Bali • Comfortex • Graber • Hunter Douglas • Kirsch • Levolor • Norman - We can fix them all!



WHY US?

- Award winning dealer
- We fix & service all brands
- Direct contact - not a call center
- Professional certified installers - no sub-contractors
- Products for everyone and every situation
Looks - Function - Quality - Value
- Commercial & residential
- Our service... **the best!**

**No interest
financing
available**

***Promo good til May 14, 2016.**

"Our reputation is in our treatment and we put our name to that."

THE GATTINELLA FAMILY

860-633-0721
277 Hebron Ave.
Glastonbury, CT 06033



860-793-4980
995 Queen Street
Southington, CT 06489



TurleyCT

COMMUNITY PUBLICATIONS

Read all of our Community Publications online at

TurleyCT.com

The West Hartford Press • The Valley Press
Valley Life • West Hartford Life • Rocky Hill Life
Wethersfield Life • Glastonbury Life • Newington Life

Chrissy Monaco is one of the fourth generation of owners at Monaco Ford.



Nancy Thompson photo

From the Model T to today

Family-owned Monaco Ford expands building and services

by Nancy Thompson
Editor

When Peter Monaco established an auto business in 1922, Model T Fords were changing the American way of life. Today, the dealership that bears his name is one of the leading Ford dealers in the area.

Monaco Ford, at 767 New London Turnpike, recently expanded its sales and service department, creating a more modern look while retaining the level of service for which it has become known.

The business was not fully licensed as a Ford dealer until 1957,

said Chrissy Monaco, part of the family's fourth generation of owners.

"Before that, we sold all sorts of vehicles. All sorts of things were sold out of here; appliances, you name it."

The service department worked on horse-and-buggy rigs as well as on automobiles during Peter Monaco's day. "It was a predominantly male-dominated business," she said.

The company, originally known as Monaco and Sons, started out on New London Turnpike, opposite what is now the One Stop shopping



MedTeam Weight Loss
is now offering
Esthetics

Services Offered:

Botox, Juvederm
and the best in skin care.

For Men & Women



*Your Body,
Your Health,*
OUR PROGRAM.

860-780-2002

center. It then moved to the north end of Main Street and eventually returned to New London Turnpike at its current location.

The Monaco family was often on the cutting edge of technology, selling radios in the mid-1920s and televisions in 1948. Family members also have been active in local youth sports programs. Charlie Monaco, one of Peter's sons, was a co-founder of the Hartwell Soccer Club while Charlie's son, David, the company's president, has been an avid supporter of youth baseball programs in town.

Monaco Ford has undergone other expansions and renovations over the years, including the addition of a truck service center in the 1980s, a renovated service center in the late 1990s, and interior renovations in the early 2000s.

The most recent expansion added 1,600 square feet of space and led to major changes inside and out.

"It allowed us to completely revamp," Chrissy Monaco said. "We remodeled the whole main floor, the showroom, sales, parts and service departments, the customer waiting area and the front of the building. It has allowed our employees to have much more useful work space, a place where customers want to be and a showroom for five or six vehicles."

Long-time employee Greg Smith is happy with the changes.

"I have been with Monaco's for 32 years working closely with three generations of Monaco family and it has been a fantastic ride," he said. "With the beautiful renovation, lots of new ideas and changes, we will continue to move forward and be leaders in our industry."

There were some issues at times during the year-and-a-half-long construction project, but "we got our customers and employees through the construction," she said.

"It wasn't easy but it was totally worth it. Throughout the process we've had support from the town and great feedback."

Mark Catania and his family have been doing business with the Monaco family for more than 50 years and have purchased more than 75 vehicles there.

"I can remember as a small child, my father going to Monaco Ford on Sunday afternoons and looking at the vehicles in the lot," he said. "My father would always speak highly of the Monaco family and would be a regular customer. I purchased my first vehicle from Monaco Ford in 1988."

Catania said he likes the recent renovations, including the new waiting area and the way the showroom

is set up.

"The open area of the showroom makes it very comfortable," he said. "Whether you need a ride to work or are staying it is quite comfortable. The work stations in the waiting area are also very comfortable for anyone wishing to stay while their vehicle is being serviced, and

the building is always clean and customer-friendly."

The exterior and interior changes won't change the company's basic principles.

"We haven't changed," Chrissy Monaco said. "We're still Monaco Ford, family-owned and operated. We aren't going anywhere." **GL**



Monaco Ford, on New London Turnpike just east of Oak Street, is sporting a new look after a large expansion and renovation project.



Monaco Ford, then known as Monaco and Sons, had a very different look in 1955.

Photos courtesy of Monaco Ford



READ
LIFE
ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

Merry Maids is
Dependable, thorough cleaning • Bonded & Insured
Satisfaction Guaranteed • Can provide other home-care services
Loyalty/Referral Programs • Easily Customizable Cleaning
Outstanding Customer Service Strategies • Extensively Trained Employees

merry maids
One less thing to worry about.
860-563-8367
email: merrymaids.buckridge@gmail.com

Gift Certificates Available

Spring is Here!

Call Today and Freshen Up Your Whole House, Inside and Out!

\$99.00 OFF \$33.00 Off First Full House Cleaning \$33.00 Off 5th & 10th Cleaning. <i>New customers only Not valid with other offers.</i>	CARPET CLEANING SPECIAL \$10.00 OFF with minimum of 4 carpeted areas. <i>Not valid with other offers.</i>
\$15.00 OFF any window service. Minimum of 8 windows. <i>Not valid with other offers.</i>	\$20.00 OFF any power washing or gutter cleaning service. <i>Not valid with other offers.</i>

www.merrymaids.com



Jeremy Hwang, M.D., Ph.D.
Ophthalmology

Saint Francis Welcomes Jeremy Hwang, M.D., Ph.D.

Dr. Hwang, an ophthalmologist, has joined the medical staff at Saint Francis Hospital and Medical Center.

Dr. Hwang received his medical degree from Columbia University College of Physicians and Surgeons, New York, New York. He completed his residency in ophthalmology at the Doheny Eye Institute, University of Southern California Medical Center, Los Angeles, and a fellowship in glaucoma at the Wilmer Eye Institute, Johns Hopkins University, Baltimore, Maryland.

A member of Solinsky EyeCare, LLC, Dr. Hwang specializes in the medical and surgical management of glaucoma, as well as cataracts and comprehensive ophthalmology.

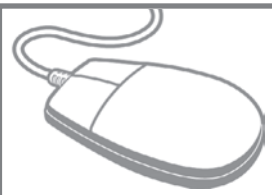
You can learn more about Dr. Hwang, or any of the more than 700 accomplished physicians on our medical staff, by visiting stfranciscare.com or calling 1-877-STFRANCIS (1-877-783-7262).



...Comfortable Living



There's no place like
FEDERATION HOMES
ACCEPTING APPLICATIONS FOR OUR 1 AND 2 BEDROOMS WAIT LIST
156 WINTONBURY AVE., BLOOMFIELD
Affordable Independent Living for Older Adults 62+
and Individuals with Disabilities
Visit us at www.federationhomes.org
(860) 243-2535
Federation Homes, Inc. is sponsored by the Jewish Federation of Greater Hartford with funds provided by the Department of Housing and Urban Development.



READ
LIFE
ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

Student of the month

Don't let size fool you. Paige Drury is a big personality in a small package. Smith Middle School Principal Donna Schilke described Paige as "small but mighty in more than just her voice."

She continued, "Paige is a wonderful young lady. She is a visually impaired student who has become our singing ambassador for the National Anthem at many of our functions."

Schilke also praised Paige as a strong young lady who is talented yet very humble and committed to the goal of becoming a singer.

"She's always smiling and joyful, appreciative of all the opportunities that have come her way and is forthright and not afraid to speak up," Schilke said. "She brings a great joy to all of us, is talented, reflective and mature and is a role model for all of us."

As Paige's materials modification specialist, Leslie O'Rourke makes printed work accessible to her either through Braille transcription, by email or as two- or three-dimensional tactile aids that let her understand visual concepts along with her classmates.

"Paige has some outstanding qualities that make her an excellent student and a pretty cool kid," O'Rourke said. "There is a lot of unique problem-solving that goes into her learning and she approaches it with both creativity and determination. She's a technology whiz, able to navigate many programs on different devices using the latest innovations provided for the visually impaired. She is becoming a wonderful self advocate and is very perceptive about what will work best for her in the classroom, a pretty amazing skill for any 12 year old."

She also praised Paige for her musical talent.

"Paige is also a very talented musician – piano and keyboard – and singer. This past winter she opened many high school sports



Courtesy photo

events with the National Anthem, all to rave reviews, and even sang at a Wolf Pack game. All of that, along with her wonderful sense of humor, make her a great addition to any class. Her drive and spirit make both students and teachers try a bit harder, reach just a little further and see things from a new perspective, and everyone benefits."

Her school counselor, Dana Sullivan, agrees.

"Paige is an exceptional student at Smith, but more so, she is an amazing young lady," she said. "Paige has a drive within her that is impressive. She doesn't give up with things become hard and approaches many tasks with enthusiasm. She has uncommon, common sense for her age and understands herself better than most middle schoolers. Paige is funny, smart, talented, adventurous and a joy here at Smith Middle School."

Paige's English teacher, James Guidice, called her "an amazing young lady in so many ways" and praised her for her academic and technology skills, and more.

"What impresses me most about Paige is her dedication. She volunteers in class, she takes academic challenges with a smile; she works beyond her grade level. She may not know it, but we all smile when she enters the room," he said. "She has that ability to brightening the classroom, to bring something honest and special with her. Someday, when I look back on the entirety of my career, I will remember her work, her voice, her effort, and kindness, her resolve to show us her best. She's a just this sweet, earnest young lady, and we do, we love her." **GL**



Sunday June 5
Whole Foods Market
50 Raymond Road
West Hartford, CT

5K-9:30 AM
Kids Fun Run
- 8:30 AM

2016

Celebrate!
WEST HARTFORD
ROAD RACES

Presented by:

Register online at www.celebratewesthartford.com

- * Free Race Shirt to first 800 5K registrants
- * Refueling buffet by Whole Foods Market
- * 1st, 2nd, 3rd prizes in all divisions
- * Random Drawings
- * 5K Run: \$25 (\$30 after June 1)
- * Kids Fun Run: \$5

WHOLE FOODS MARKET

Thank you, Sponsors:



Photo by Mara Dresner



Gary Dunn made a major career change when he bought Spiritus Wines.

From computers to wine, Gary Dunn launches second career

Finds wine 'a never-ending education'

by Mara Dresner
Staff Writer

If not for a trip to Paris, Gary Dunn might still be working for IBM. The Glastonbury native – Class of '84 from Glastonbury High School, whose parents George and Margaret Dunn still live in town – attended Lafayette College in Easton, Penn., where he studied computer science and met his future wife, Jennifer.

After graduation, Dunn moved to Reading, Penn., where he worked for AT&T's microelectronics division and was involved with the company's in-house software for quality control for a semiconductor manufacturing plant.

Meanwhile, Jennifer – known as Jenny – earned a master's degree in French, and was working on her doctoral dissertation when she needed to do research at the French national library.

The couple, married since 1992, moved to Paris in 1995.

"She needed to go to Paris and

spend time there. She'd gone back and forth but she needed to be there for a period of time. I went there from 1995 to 1996. I took a leave of absence from my job to move to Paris with her. Really during that time, my real passion for wine got started," Dunn said. "I found being immersed in the French culture, I quickly realized it was an integral part of daily life for the French. It was a life-changing experience as it turned out. I recall from our apartment in Paris, in the neighborhood, two or three times a week, there was the open air market that would stretch a quarter mile down the street with vendors selling everything – produce, fish and meat. There were also the shops along the same stretch. Everything was very specialized in the old-world tradition, the bread baker, the fishmonger, the meat shop, the cheese shop, but then, of course, the wine shop.

"I still can picture it and



Personalized Mortgage Solutions

No closing cost loans
Fast turnaround time
Competitive rates
Second home financing
Expert advisors who know, live and work locally

Right time. Right place.

When the time is right for a personalized mortgage solution, we are ready when you are.

It's not too late to take advantage of historically low rates when you refinance through Simsbury Bank Home Loans. Our expert advisors are local, knowledgeable, and committed to finding you the best solution to fit your current situation.

SimsburyBank.com/HomeLoans
888.467.8075




Simsbury Bank®
Bank this way.



READ
LIFE
ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

remember walking into the wine shop, having realized what the French drink with every meal, lunch and dinner, is water and wine, so I was starting to buy wine on a regular basis for our own dinners. Walking into the shop, a very small shop, a neighborhood shop, of course, in France, all the wines are from France. In France, they have French wine. In Italy, they have Italian wine. In Spain, they have Spanish wine. I'm looking at the wine and all the labels are in French and I'm not really knowing what they were, not having that level of knowledge yet of French wine. That really inspired me to learn more and at the same time, I was also trying to learn French. My wife was fluent; I had an intermediate level of French. I found those two interests really came together nicely," Dunn said.

On weekends and vacations from the school where his wife taught English, they took trips throughout France and Europe.

"When you're driving around France, Italy, parts of Germany, it's

"I found being immersed in the French culture, I quickly realized it was an integral part of daily life for the French. It was a life-changing experience as it turned out."

-Gary Dunn

often wine country. You see and experience firsthand the different wine regions and the wines that are grown there, the different food that goes with them. It was a very price-less education," Dunn said.

When the year was over, they returned to the U.S. While he was away, AT&T had been divided.

"The microelectronics arm of the company became Lucent Technologies, and the management of Lucent decided to outsource their IT work to IBM, so by the time I came back then, the company was now Lucent and the transition had taken place where virtually all the IT staff were IBM employees. When I came back, I still had my job. I was basically doing the same thing, but my paycheck now was from IBM," he said. "When we came back from France, both my wife and I were pas-

sionate about wine. The culture in Pennsylvania is not so wine-driven. We found ourselves living in Reading, about an hour from Philadelphia, going down to Philadelphia frequently just for the food and wine experiences of Philadelphia. But we were ready for a change. We were looking to move back to southern New England. That's where it was a benefit to be with IBM; they have work essentially across the country. I was fortunate to find a position in the Hartford area," said Dunn, who began working for a division of IBM called global services in the summer of 2000, working on their contract with Konica Minolta for the next five years.

They build a home in Glastonbury that includes a wine cellar.

"As soon as we moved to the Hartford area, my wife and I looked

around for a good wine shop to continue our wine hobby," Dunn said with a laugh.

He found that in Spiritus Wines in Hartford, getting to know the owner, Martin Robbins-Pianka and his wife, Barrie.

"In 2005, he became interested in selling the business. By that point, I was looking for a change after 16 years in the corporate IT world. I had basically grown tired of that and was looking for a change. I took the plunge to follow my wine passion and we bought Spiritus Wines that was in early 2006. I feel very fortunate to be able to have made that kind of career move," Dunn said.

The wine shop was founded in 1982.

"From the beginning its focus was always on artisanal wines, small production," Dunn said, adding that is different from many stores. "Even now, still, the American wine trade is dominated by big names. I kind of consider them industrial wine. The French like to say Americans are

HAPPY HOUR 3-5PM & 9PM-CLOSE
1/2 Price House Wines,
Draft Beer (pints only), Pizza Slices
Mon - Fri • Dine In Only

Thanks For Your 15 years of Support making Giovanni's the Coolest Pizza Place in Glastonbury!

Giovanni's

Brick Oven Pizzeria

Heated Outside Patio NOW Open!

Ask about our Summer Drink Specials on the Patio!

- Extensive Wine & Beer Menu (Specials Nightly) 8 Specialty Beers on Draft
- New Dessert Selection • Kid Friendly & Children's Menu
- Last minute 1/2 Lasagna Trays - Pick Up at Deli • 20 Different Gourmet Pizzas by the Slice

FREE DELIVERY FOR LUNCH

For office lunch or catering
(\$100 min.) Monday
thru Friday.
Glastonbury
businesses only.
Orders in before 11 a.m.

1/2 & Full TRAYS of OUR FAMOUS WINGS
See our website for full details
www.giovannisbrickovenpizza.com

CATERING!

Our experienced staff will put together a **Party Package** to fit any budget - from intimate gathering to corporate bash!

*Appetizers • Salads • Pasta
Party Pizzas & so much more*

Brick Oven N.Y. Style & Sicilian Pan Pizzas



Spring is here!
Heated Outside Patio
NOW OPEN!

Giovanni's would like
to wish **GOOD LUCK**
to all Spring
sports teams!

860-633-0041

113 Hebron Ave., Glastonbury
www.giovannisbrickovenpizza.com

best at 'le marketing.' We're so marketing-oriented. What appealed to me about Spiritus was its focus always on these smaller boutique producers. That was my experience traveling in Europe where the wineries are typically small family businesses. These people are typically famers and they have a true passion for what they're doing. The wines are very real, authentic, and the idea is that wine should speak to its place of origin. Spiritus has always focused on that and that's what appealed to me and that's the path I've continued under my ownership."

Dunn moved the shop from Main Street in Hartford to 220 Asylum Street in 2008. The new location is a bit bigger, both for the storefront and the backroom operations. In addition to about 700 bottles of wine, he has more than 200 different beers and a variety of liquor for sale.

He's frequently adds to his stock.

"I'm always looking for high-quality wines. I'm tasting wines every day. The wines we carry are based on my tasting. I'm always looking for wines that are authentic to the grape varietal, to the region it's coming from," he said. "The other component would be a fair price. We feature wines from eight dollars to 800 dollars. Most of my time is spent on the \$8 to \$30 range. Each month we feature a dozen new wines. I've continued that structure from a previous owner. There's always something new, a new wine to discover. I'm always encouraging people to explore the diversity of wine. To me, the greatest pleasure of wine comes from that diversity. There's always different wines to try, different wines to be opened to and properly paired with meals. Wine is not [like] a soft drink where you open a bottle of Coke and you know what it's going to taste like and it's always the same. Wine is more adventurous and the more you're open to that idea, I think the more pleasure you get from wine."

Elizabeth Linderman, who lives in Glastonbury and works in downtown Hartford, has been shopping there since the store moved to Asylum Street.

"Gary is great. [Spiritus] is a wonderful little gem," she said. "He's very knowledgeable."

She said that she's discovered

many new wines in the store.

"They'll introduce you to new grape varietals that I've never heard of before. You're going to find wines you wouldn't in a big box store," she said.

Dunn and his wife continue to travel, both to discover new wines and for leisure.

"With the pressures for work, it's good to get away and have relaxed vacations, but our passions are fine foods and wines, so we're always looking for interesting wines to experience. We do get to wine regions as well. We try to get back to France and Italy and Spain. We've also had trips to Oregon and California," he said.

Dunn said Oregon is an up-and-coming region for wine.

"Not everyone is aware of the quality of wines coming from Oregon. In particular, pinot noir is what they're known for," he said. "Jenny and I drink a lot of burgundy, white and red burgundy from France, having really developed our passion for wine while living in France. Our personal palate runs more to the French style, which are often lighter, a bit lower in alcohol than domestic wines, but most importantly, they're very food friendly. The Europeans in general but certainly the French are always experiencing the wine with a meal. They go hand in hand. Their wines are more complementary to the meal and not overwhelming it with overly bold flavors."

Dunn fully enjoys his second career.

"I'm introducing wines to customers, the interaction with people, helping people to enjoy wine, to understand wine as a small boutique store, we interact with everyone coming in. We're constantly helping people with their selections. [I enjoy] being able to talk about wine with people. Everyone always wants to talk about it. Everyone asks what you do. When you say you own a wine shop, they tend to get excited and want to talk about their favorite spirit or beer. So that's fun. I wouldn't have gone into retail just to sell products," he said. "Wine is fascinating. It's so diverse and complex and constantly changing. Wines may change vintage to vintage in a nuanced way. It's a never-ending education, even for myself. I find that stimulation interesting. I'm always learning." **GL**

Serving Glastonbury Since 2000

ADRIATIK'S

FAMILY RESTAURANT & PIZZERIA

With Mediterranean Cuisine

CATERING FOR ANY OCCASION

Bring Your Own Wine



\$2⁰⁰ OFF

ANY LARGE PIZZA

Pick Up or Dine In

With this coupon. One coupon per table or per person or visit. Cannot be combined with any other offer. Expires 05/31/16

Adriatik's GLAS (860) 633-0599

\$5⁰⁰ OFF

When you buy 2 Large Pizzas 1 Topping or more

With this coupon. Cannot be combined with any other offer. Expires 05/31/16

Adriatik's GLAS (860) 633-0599

FREE PIZZA

Buy 4 Large Pizzas Get 5th Cheese Pizza Free

With this coupon. One coupon per table or per person or visit. Cannot be combined with any other offer. Expires 05/31/16

Adriatik's GLAS (860) 633-0599

860.633.0599

30 Welles Street, Station 35, Glastonbury

Are you interested in finding new ways to fund raise for your kids local programs?

Stop by or call today at 860-633-0599, and ask us about our "Partnership Program"

"Ask for Adriatik"

Gary Dunn's wine recommendations, all under \$30

2014 Muses Estate Assyrtiko (Greece) \$12.99

"Two trips to the Greek islands in recent years introduced me to some of their native grape varieties, such as the white grape assyrtiko. This bottle is a great value example displaying notes of nectarine, light citrus and white flowers on a medium body. A great match for shellfish or herb-roasted chicken."

2013 Giacomo Mori (Tuscany) \$15.99

"A beautifully aromatic chianti that entices with its bouquet of ripe strawberries. The warm, medium-full bodied red delivers cherry and walnut tones along with the strawberry, while intriguing earthy notes further extend the array of flavors. An everyday red for meat-based pasta dishes, pizzas or burgers."

2014 Domaine La Soufrandise Pouilly-Fuisse Vieilles Vignes chardonnay, \$29.99

"French style! Nicolas Melin makes special use of his oldest vines from several plots around the village of Fuisse in southern Burgundy to produce this fantastic bottling. Good intensity with persistent flavors of pear and lemon curd, while retaining an elegant freshness with its inviting streak of acidity. Perfect



for white fish filets such as trout, cod, or sea bass in beurre blanc."

2012 Peterson Dry Creek zinfandel (Sonoma), \$22.99

"Fred Peterson and his son Jamie produce authentic wines with a winemaking style of minimal intervention. This robust red offers plenty of the ripe dark fruit notes that zin fans love, but the restrained and refined style makes this version a better behaved companion at your dinner table. Try it with hearty winter stews, beef roasts, or braised short ribs."



Courtesy photos

RONCARI AUTO RENTAL L L C

- No Seasonal price hikes.
- Cars are thoroughly **sanitized** before every rental.
- **10% discount on POSTED RATES BELOW** for StarCard Members and their out-of-town colleagues and corporate associates, AAA, Costco, BJs, and Sam's Club.
- Plus all applicable airport fees and taxes.

2015 Kia Forte Economy Size
\$47.95/Day – Everyday



2015 Kia Optima Standard Size
\$59.95/Day – Everyday



Must make reservations at:
roncariautorental.com 1-800-555-6540



FUSION SUSHI • HIBACHI • OPEN LUNCH & DINNER • TAKE-OUT AVAILABLE

\$10 OFF

your Dinner Check for a
Party of 4 or more
Dine in only.

Sakura Garden Japanese Steak House
Glastonbury
With this coupon. Expires 5/31/16

- Enjoy gourmet Japanese cuisine where chefs prepare fusion sushi at your table.
- Hibachi area seats 18 to a table.
- Check out our martini menu.
- Happy Hour everyday
4pm - 6:30pm with Drink Specials

120 Hebron Ave., Glastonbury • 860-430-5600



Katie Wiendl works on painting her kitchen cabinets at Artisan's Boutique with help from Maria Rankl.

'Tag sale' to treasure'

Boutique brings new life to furniture

by Mara Dresner
Staff Writer

Carol Still has always done crafting, hand sanding and painting a bureau when she was just 12. When she lost her job working in insurance, she decided it was time to leave the corporate world and embrace her creative side.

In October, Carol and her daughter Laura opened Artisan's Boutique with some help from Carol's husband, Dan, and their other daughter, Olivia, who attends Emerson College in Boston. While the family lives in Hebron, Olivia and Laura graduated from the agriculture program at Glastonbury High School, played basketball and took dance lessons in town.

"We're very ingrained in the community," said Carol, who's also been doing woodworking for years.

Laura graduated last spring from the University of Scranton and had worked at a florist during college.

"Our concept is Pinterest brought to life," Carol said. "Within that, we're really talking about the paint component. It's truly a tag sale to treasure concept. Our customers are saying, 'I found this on the side of the road,' 'I found this at the

Photo by Mara Dresner

Lasky-Griswold Antiques



Buying Antiques & Collectibles

Paintings, Art Glass, Lamps, Pottery, Porcelain, Books, Sports Memorabilia, Manuscript Documents, Autographs, Photographs, Military Items, Swords and Firearms, Gold, Silver and Coins.

Please call Ray or Tim (860) 436-9891
Open by chance or appointment

383 Silas Deane Hwy.
Wethersfield, CT

Free House Calls, Estates and Verbal Appraisals • Highest Prices Paid

Law Offices of Deborah R. Eisenberg, LLC



Divorce, Custody,
Family Law and
Collaborative Divorce

...

Serving Glastonbury residents
for 19 years

2230 Main St., Suite 2
Glastonbury, CT

860-657-2230

www.deisenbergfamlaw.com



READ
LIFE
ONLINE AT
www.TurleyCT.com

TurleyCT
COMMUNITY PUBLICATIONS

transfer station or a tag sale or flea market.' Now they have an avenue where they can transform the piece."

The shop is what is known as a "stockiest" for Chalk Paint, decorative paint by Annie Sloan.

"She developed it herself in the UK 25 years ago," Carol said. "She was a mom with three little boys. She wanted the ability to paint something in the morning and have it back in place by the time they got home from school in the afternoon. Because she's an artist, her pigments are just incredible. It's just a really lovely line of paint."

"It is not blackboard chalk paint," she added. "The term 'chalk' is referring to the texture and consistency and the feel of the paint. There's a smooth, chalk feel in her paint. It sits on the brush differently. It's a really lovely paint that spreads a little differently. It gives a really lovely finish."

Carol spent a lot of time searching for the perfect paint.

"I found it by literally by trying all the different paints on the market. I tried every version of chalk paint on the market including making my own. I broke down and went to a stockist

and bought a quart and tried it. I called Laura at school and said, 'You won't believe this paint.' Once I tried it, I saw the difference, the difference in fine furniture finish."

The paint is only sold in selected stores.

"You can't get Annie Sloan paint in box stores. It's only sold in local stockists," Carol said. "Annie's whole premise is [selling] through small businesses and small shops teaching how to learn her products. We had to go for week of training in New Orleans this summer. It took a full week to be trained on the product and process and really understanding the theory behind the use of their paint."

They offer a variety of classes in how to use the paint, as well as custom parties.

"A lot of what we do here is teach people the technique," Carol said.

Katie Wiendl of Glastonbury was redoing her kitchen cabinets at a recent Drab to Fab workshop.

"It's scary, but I'm having fun. It's easier than I expected," she said of her first experience with the process. "It's covering my gross cabinets better

than I ever imagined because the cabinets are 40 years old. They're nice cabinets but they're ugly."

Maria Rankl, also of Glastonbury, was helping her on her second visit to the shop.

"I'm learning some other steps I wasn't aware of. The classes are worth taking. The paint is what drew me. I've worked with this before but the class is a necessity. There's so much more you can do that you're just not aware of. It takes all the fear out of it. This is a sizable project and there's a certain amount of fear. Once you do it, it's beautiful. It's very doable," Rankl said.

No special experience is needed to learn the technique.

"We do say all the time, it really is, 'trust the process,'" Carol said. "They can do this. It can be a really enjoyable experience. We say that to people every single day at the shop. Truly, if you follow her process – clean the furniture, paint, wax, distress, dark wax – you end up with this really beautiful piece that you can love for years to come in your own space."

And, of course, she and Laura are

always there to guide their clients, which is one of Laura's favorite parts of the job.

"Every day is different; every customer is different. I get to help people step outside their comfort zone and use their ingenuity. It's a lot of fun," she said.

Artisan's Boutique also sells the work of several local artists.

"We wanted to have a place where other artists can contribute. We have a real variety in here," Carol said.

That includes the work of several Glastonbury artists, including Sarah Grove, a junior at Glastonbury High School, who does photography and updates old frames for her pieces, Hilary Lingard, who works in reclaimed wood, and painter Ed Hicks.

Visitors can find a variety of items, such as soy candles, clothing and jewelry.

"We are still seeking other artists. We are looking for artists that do glasswork and pottery that are unique," Carol said.

Laura, who crochets, paints and makes jewelry, is planning to sell her work in the shop.

**30+ Years
of
Honesty,
Integrity
& Service**



**Sara W. Felter
GRI, CRS**

(860) 573-8008

sara.felter@cbmoves.com
www.sarafelter.com



1331 Silas Deane Hwy.
Wethersfield

RAYMOND JAMES®

is pleased to announce the affiliation of



JEFFREY HAINES

Vice President, Investments

jeffrey.haines@raymondjames.com

and



with our West Hartford, Connecticut, office.

Jeffrey has more than 20 years of experience in the financial services industry and provides comprehensive wealth management and institutional level portfolio management to individuals, businesses and nonprofit organizations.

Raymond James & Associates, Inc.

29 South Main Street // West Hartford, CT 06107

T 860.920.5040 // F 844.262.4818

Please visit his website at: outlookwealthmanagement.com

Raymond James & Associates, Inc., member New York Stock Exchange/SIPC 16-BR3JZ-0013 JPR 4/16



There's no place like
FEDERATION HOMES

ACCEPTING APPLICATIONS FOR OUR 1 AND 2 BEDROOMS WAIT LIST
156 WINTONBURY AVE., BLOOMFIELD

Affordable Independent Living for Older Adults 62+
and Individuals with Disabilities

Visit us at www.federationhomes.org

(860) 243-2535



Federation Homes, Inc. is sponsored by the Jewish Federation of Greater Hartford with funds provided by the Department of Housing and Urban Development.



READ
LIFE
ONLINE AT

www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

While some people enjoy the hands-on approach, others would rather have a professional take over the painting, and Laura and Carol are happy to oblige.

"We'll find out where they're going to be placing the piece of furniture, what colors are in the room, where they're heading. We sit with them and do the color consult, and pick out the primary colors and secondary colors," Carol said.

"It sounds silly but I like to see what the furniture says to me. The furniture speaks to me," Laura said. "You want to keep the integrity of the piece. You're not trying to lose the history behind it. We have dressers that are 175 years old here. You want to keep that integrity, but sometimes you want to give it a facelift, to bring it into a new era. You want to let it speak to you as to how you're going to do that."

Artisan's Boutique also sells furniture that can be used for new purposes.

"We take requests when we're out looking. We do go sourcing for pieces for people if there's something

they want," Carol noted.

It took a few months to transform the space from a chiropractor's office to a boutique.

"Laura and I tore down nine rooms. We recycled 600 pound of lead from the walls," said Carol, adding that the whole family helped. She added that the renovations were "floor to ceiling to create the atmosphere we wanted."

Above the front door is the company's motto, "Love the life you're in."

"There's a two-fold meaning to it. The first component is I have had a lot of health challenges over the years. I have heart disease. I had a massive heart attack and bypass surgery. I was on life support. It was life changing for all of us. It helped us see what's important, what really matters. You have to love your life, where you're at and what you've been given," Carol said. "It's about loving life, loving your surroundings." **GL**

Artisan's Boutique is at 30C Hebron Avenue. To learn more, call 860-633-3555 or visit artisansboutiquellc.com.



Artisan's Boutique owners Laura Still and her mother, Carol, stand in front of a mural in the shop's child-friendly play area.

Photo by Mara Dresner

Turning 65?

NEW TO MEDICARE?

Find out more information on Medicare Plan Choices!

7 Dickinson Rd., Marlborough ~ (860) 295-9350



CALL US TODAY!
Walk-ins Welcome!
Home visits available!
Call us to Compare plans & save!

Your Medicare Solutions Specialists!
Servicing & Assisting Seniors for over 25 years

HEALTHCARE ASSOCIATES

7 Dickinson Rd., Marlborough, CT

Call Us Today! 860-295-9350

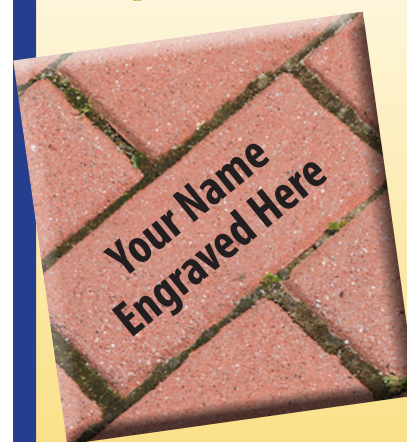
www.medicareinfo-ct.com

• Ask about Stand-alone Dental •



Glastonbury Rotary Club

P.O. Box 67
Glastonbury, CT 06033



Purchase a BRICK for the Brick Walk at the Glastonbury Rotary Riverfront Park Pavilion

Buy an engraved 4" x 8" brick for Mother's Day, Father's Day, graduations, birthdays, or a memorial.

Pricing begins at \$95 per brick.

Small images and special requests are available and individually priced. **12" x 12" granite PAVERS are also available** - perfect for showcasing your business or service. Space is limited. First-come, first-served.

To receive your order form, complete and mail this ad to Glastonbury Rotary Club, P.O. Box 67, Glastonbury CT 06033, or go to our website:

www.glastonburyrotaryclub.org

email: jpj@jaconettalaw.com or call Joe Jaconetta, 860-657-8805

Name: _____

Address: _____

Email: _____

Tel. #: _____ Best time to call: _____

News roundup

Money for trees

The town has received a \$12,000 America the Beautiful urban forestry grant to plant trees at the town hall and Academy School complex on Main Street. Funding for the grants comes through the Regional Greenhouse Gas Initiative, a multi-state effort to reduce carbon emissions from power plants. They require matching investment of local resources, either through additional funding or in-kind contributions.

Town officials are planning a new entrance to town hall, and it's expected the grant will help pay for several of the trees that will be planted in the area.

Time to grow a pumpkin

October seems a long way off, but it's time to register for the Second Annual Glastonbury Greatest Pumpkin Program. The event, sponsored by the Land Heritage Coalition of Glastonbury, Inc. and Melzen Farm Supply, will take place

with a weigh-in, along with food and games, at Melzen's October 2.

Contestants must use Big Max organic seeds that often yield pumpkins weighing 100 pounds or more. Anyone registering for the competition will receive a free packet of seeds. Growers must use only organic methods such as the use of natural fertilizers and pest control methods but not the use of synthetic fertilizers and chemical pesticides. Each contestant can enter only one pumpkin in only one category and must transport their pumpkins to and from the competition.

Registration must take place in person at Melzen's, 100 Oak St. Only those who register and plant the official seeds will be eligible for prizes at the weigh-in.

Do a 180, MOVE!

The popular program that gives participants a chance to try out more than 150 activities has returned. The Connecticut River



Courtesy

Valley Chamber of Commerce's health and wellness initiative includes fitness classes, dancing, yoga, Pilates, coached running, walking and cycling groups and more.

The activity, which runs until June 9, is open to business owners and their employees and the public. A one-time fee of \$25 for chamber members and \$40 for non-members allows participants to take part in as many of the classes and they want.

For details, including a list of participating businesses and a class schedule, visit the chamber website, crvchamber.org.

Looking for workers

Glastonbury Partners in Planting is looking for new members and for volunteers to take part in several work parties around town.

The 13-year-old organization plants and cares for the median gardens at Route 17 and Main Street, the 90 large flowering pots in the town center and South Glastonbury, and the gardens at the Welles-Turner Memorial Library, Buckingham Park and Salmon Brook Bridge, and the Center Village and Village Green senior housing complexes.

The group is looking for volunteers and new members, as well as families who would like to care for small sections of existing gardens or town pots during the summer.

Joe Specializes in the Medicare Marketplace

New to Medicare? Let me help!

Call to discuss your Medicare Choices & Options

Turning 65? Losing employer coverage?

Need extra help with Medicare prescription drug coverage?

Hospital Indemnity Plans • Medigap Supplements • Advantage Plans



**Please Call Joe Wroblewski,
for a FREE
No Obligation Consultation**

Helping people in the area for 19 years

860.372.4967
185 Silas Deane Hwy, Wethersfield

Spring Beauty!

- Buy 30 Units of Botox,
Get 10 FREE*
- Buy 3 Juvederm Syringes,
Get 1 FREE*
- Buy 3 Laser Vein Treatments**
Get 1 FREE*
- Buy 3 UltraShape Treatments,
Get 1 FREE*

(Permanent Destruction of Fat Cells, State of the Art, No Surgery
Ultra Sonic Technology, No Pain, No Down Time, Guaranteed Results)

MILLENNIUM
Med Cosmetics

Maria O'Brien, M.D. • www.mmclaser.com
2139 Silas Deane Highway, Rocky Hill

*Call for additional details & restrictions. Expires 5/20/16. May not be combined or applied retroactively. BBU/IMS void. **Applies to 30 minute treatments only; excludes varicose veins.



READ **LIFE**
ONLINE
AT www.TurleyCT.com

The group welcomes volunteers and tax deductible donations. For details about work parties or other ways to help, visit gpip.org.

Buttonball is on the move

Students and their families and school faculty at Buttonball Lane Elementary School will participate in Bike to School Day May 4 for the third year. The national event, which promotes a healthy lifestyle and includes other forms of non-motorized transportation, is part of National Bike Month. All students and their families are invited to participate and are required to wear safety helmets and protective gear. In case of rain, the event will take place May 6.

Cinco de Mayo is coming

The Connecticut River Chamber of Commerce's first major fundraising auction will have a Cinco de Mayo theme and take place the following day at Maneeley's in South Windsor

from 6 to 10 p.m.

Everyone present will be entered into a drawing for four at an all-inclusive resort in Mexico, donated by Goodwin College. Additional silent and live

Auction items include jewelry, a day of sailing for four, tickets to Red Sox games and Funflicks outdoor movies. Disc jockey Paul Lis will provide entertainment. The event also will feature Mexican food, a tequila tasting, a margarita bar and prizes for the best Cinco de Mayo-themed outfits. Tickets are \$65 per person and \$125 per couple. To learn more, call the chamber office at 860-659-3587 or visit crvchamber.org.

Lacrosse tournament coming up

The Glastonbury Lacrosse Club's annual LAXFEST is scheduled for May 7 and 8 and May 14 and 15 at Glastonbury High School. The tournament draws between 50 and

60 boys' teams and 30 girls' teams. This year's event also is expected to attract 20 teams for boys and 20 teams for girls in third and fourth grade. For details about the tournament and other club activities, visit glastonburylacrosse.org.

Ferry reopens for the season

The Glastonbury-Rocky Hill ferry has opened for this year's season. Fees for the ferry, the oldest continuously operated ferry in the country are \$5 for cars during the week and \$6 on weekends. There is a \$2 fee for walk-ons and bicyclists. A 20-pass package for \$60 is available for commuters. The ferry runs weekdays from 7 a.m. to 6:45 p.m. and weekends from 10:30 a.m. to 5 p.m.

Looking for apple festival posters

The Connecticut River Chamber of Commerce is looking for Apple

Harvest Festival poster designs. The competition, which ends June 1, is open to chamber members as well as the general public.

For specific guidelines for the poster, call Tina Lorentzen at 860-659-3587. The festival will take place October 14, 15 and 16 at Riverfront Park.

Internships available

Internships in the Fourth State Senatorial district are available to college and high school students for this spring, summer and fall.

Republican officials are recruiting volunteers to help conduct research and do other work on behalf of local candidates in the fall election.

No experience is necessary, and all participants will receive a certificate of completion for their resume or work file.

To learn more, send an email to makectgreat@gmail.com. **GL**



PLAY THE ARSENAL WAY

2016

REGISTER TODAY | SPACE IS LIMITED

FLORIDA | CALIFORNIA | NEW YORK | NEW JERSEY
CONNECTICUT | WASHINGTON, DC | MARYLAND

SOCCER SCHOOLS

WWW.ARSENALSOCCERSCHOOLSUSA.COM

30th Annual Celebrate West Hartford



Julie Schroepel

Arts & Crafts Show

175 Master Artists and Crafters

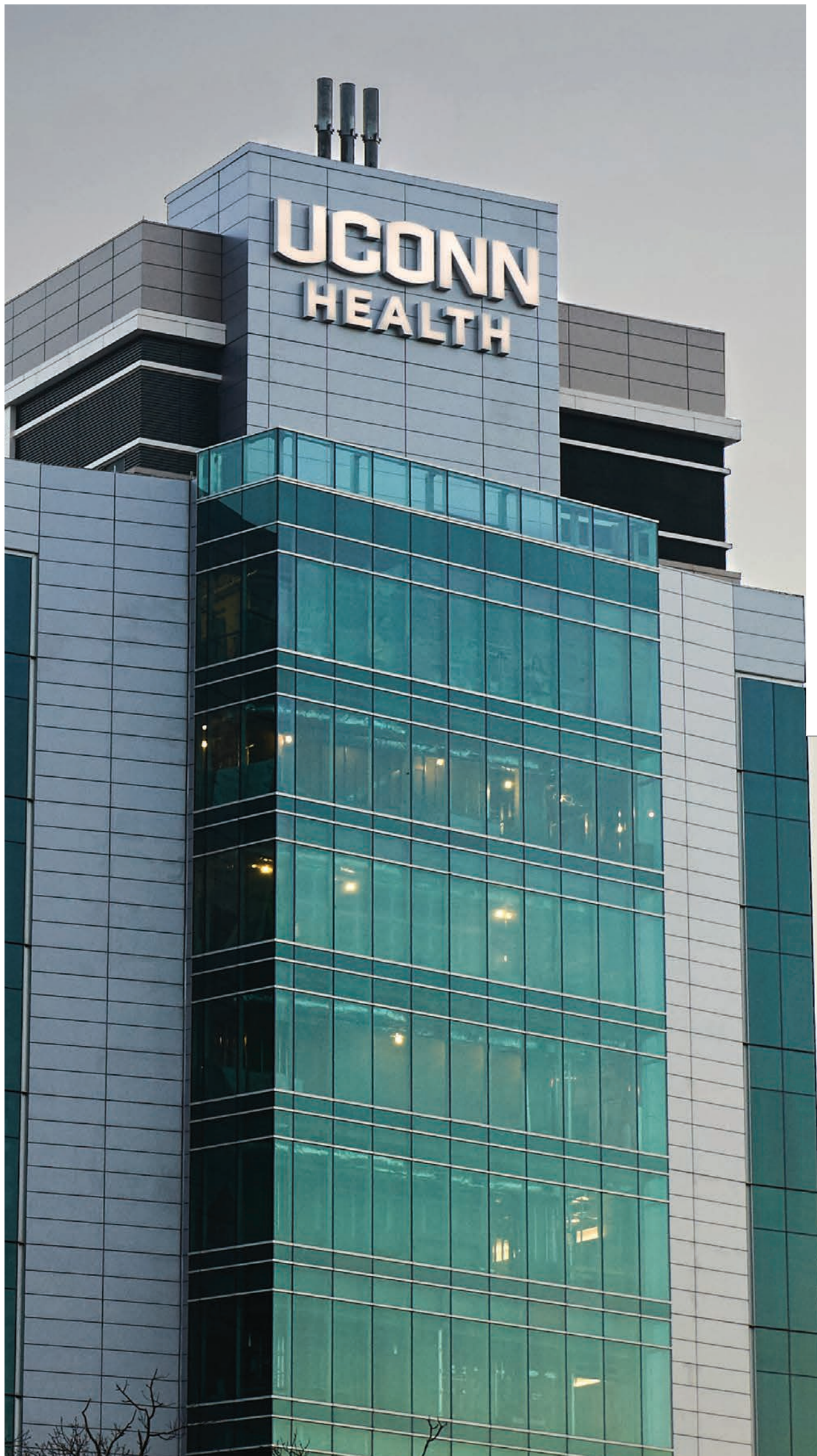
June 4
10 am to 6 pm

June 5
12 pm to 6 pm

www.celebratewesthartford.com

**Free Admission
Rain or Shine**

Town Hall Common
50 South Main Street
West Hartford, CT



People notes

Hugh Haffenreffer, Arwen Norman, Willard Pinney, Lauren Torres, Evan Lambert, Frisha Hugessen, Trisha Beatty, Carol Mader, Gayle Amato and Mike Comeau, members of the Hartford Chorale, took part in a recent performance of Mendelssohn's *Elijah* at the Bushnell Center for Performing Arts.

Arnold Berman has completed the two-day Leadership Challenge offered by Leadership Greater Hartford. Berman is the president of Event Resources in East Hartford.

Phoebe Rotelli, a fourth-grader at Eastbury Elementary School, has donated 655 pounds of clothing to the Second Chance Shop, a volunteer-run boutique thrift store, whose proceeds benefit The Village for Families & Children. "I feel happy that I'm giving things to people in need," Phoebe said. **GL**

Business notes

Killam & Bassette Farmstead in South Glastonbury has won several awards in a competition sponsored by the CT Specialty Food Association, including the following: in the Connecticut-grown competition, first place for strawberry jam and third place for blueberry jam; in the jam competition, first place for Atomic Hot Pepper Jam; in the pickle competition, first place for bread and butter pickles and second place for sweet pickle spears; and in the relish competition, second place for zucchini relish.

Flynn's Grill in South Glastonbury is serving dinner Fridays and Saturdays from 4 to 8 p.m. Menu items include salads, appetizers, desserts and traditional Irish favorites such as corned beef and cabbage and Guinness beef

stew, seafood selections such as baked stuff shrimp and pan-seared scallops as well as prime rib, chicken marsala and roast leg of lamb. The restaurant is open from 6 a.m. to 2 p.m. every day and serves breakfast and lunch.

Joshua Gottfried and **Matthew Somberg**, independent financial advisors affiliated with Commonwealth Financial Network and principals and founding partners of Gottfried & Somberg Wealth Management, have been designated as Commonwealth Leaders 2016. This distinction recognizes successful financial advisors based on a ranking of annual production among Commonwealth's network of more than 1,650 financial advisors.

In addition, Somberg has been named to the Financial Times' list of



Courtesy photo

Remax Edge has held a ribbon-cutting to celebrate the opening of their new office at 120 Hebron Ave.

400 top financial advisers for 2016.

Firehouse Subs has opened its first Connecticut location at 2520 Main St. at the corner of Welles and Grove streets and is open daily from 10:30 a.m. to 9 p.m. The restaurant

offers medium and large hot and cold subs as well as salads.

Glastonbury native **Matt Furst** has joined **GoodWorks Insurance** as a vice president. He will be based in the company's local office, where

ONLY A HOSPITAL THIS ADVANCED CAN CONTAIN ALL THE POSSIBILITIES TOMORROW HOLDS.

It's new from the ground up. And it's going to surround the patients of Connecticut with even more possibilities. Introducing our new patient care tower. Paired with renovations to the existing UConn John Dempsey Hospital, it's bringing a new level of advanced care to the people of our region.

Rising eleven floors above our Farmington campus, the new tower has been engineered with the latest medical advancements to bring new comfort and efficiency to your patient experience. The new tower features 169 thoughtfully designed, private patient rooms and key patient areas such as the emergency department, surgery suite, and inpatient rehab space. It's an incredible step forward for health care in Connecticut, and we're proud that you can call it yours.

health.uconn.edu/opening

UConn
HEALTH



Matt Furst

he will focus on small- and medium-sized businesses. Furst graduated from Glastonbury High School and earned a bachelor's degree in business from Plymouth State University. He volunteers with the Glastonbury High School crew team and is active in the Connecticut River Valley Chamber of Commerce.

Liberty Bank, which has a



Hopewell Health Solutions has opened at 33 Pratt St.

local office on Oak Street, is setting aside \$100 for every mortgage application received in May and will donate the accumulated money to several area agencies that provide emergency or transitional housing for homeless families and individuals. The bank raised \$44,500 last year, which brought the total amount donated as part of the 22-year-old program to almost \$500,000. **GL**



Residential Mortgage Services, Inc. has held a ribbon-cutting to celebrate the opening of their new office at 120 Hebron Ave.

Courtesy photos

*A Mother's
Love
is Forever*



*Farley-Sullivan
Funeral Home*

of Glastonbury

Preneed and Preplanning Service Available

Kevin Sullivan • Tom Sullivan

50 Naubuc Avenue, Glastonbury

860-633-2521

www.farleysullivan.com



**EXPLORE
EXPAND
EXPERIENCE**

Credit-Free Programs

- Art and Crafts
- Baking and Cooking
- Body, Mind and Spirit
- Computer Technology
- Dance, Drama and Film
- Family and Finance
- Fitness and Nutrition
- Languages, Music and Photography
- Professional Development
- Real Estate
- Writing and Publishing



MANCHESTER
COMMUNITY
COLLEGE
Division of Continuing Education

To register, call 860-512-3232.
For more information or to request a
credit-free catalog, call 860-512-2800.

www.manchestercc.edu/explore



READ
ONLINE
AT **LIFE**
www.TurleyCT.com

A Liberal Education. Practically Applied.



"The practice of law requires a love of reading and a passion for critical inquiry and problem solving. The work ethic I developed and critical thinking skills I learned at Eastern set the stage for my path to law school and a successful law practice."

Cody N. Guarnieri '09

Political Science Major

Brown, Paindiris & Scott, LLP



EASTERN
CONNECTICUT
STATE UNIVERSITY

www.easternct.edu

LIFE with kids

Help your child love *music* and *dance* Classes offer lifelong benefits

by Mara Dresner
Staff Writer



It may be fun to imagine your child as the next Joshua Bell or Misty Copeland when you sign up for music or dance lessons. Your child may have visions of being a star, basking in the spotlight surrounded by legions of adoring fans.

While many develop a lifelong love of music and dance, some children

quickly decide that the lessons aren't for them. What's a parent to do when a child starts saying "I don't want to go" when it's time for the weekly lesson?

The first aspect to consider is whether your child is indeed old enough for the activity. Todd Zurman, owner of Vortex Guitar Studio in Wethersfield, said that's more of a fac-

tor than many parents realize.

"I think in a perfect world after 8 [years of age] is a great time to start playing. Older students, they know what they want to play when they come in. They know their musical style," he said. "If they can't spell guitar, they probably shouldn't be taking it."

However, Zurman noted that it's not a hard and fast rule.

"I had one 5-year-old who liked listening to the Beatles, who liked listening to Led Zeppelin. He had great taste in music. That kid was a breeze to teach. I have 8-year-olds who don't listen to music; their parents don't like to listen to music," he said.

The Perfect Day Destination

**Group rates available.
Visit our website for
special events.**



**58 NORTH RD.
EAST WINDSOR**



WWW.CT-TROLLEY.ORG

Join Us This Summer!

Creativity Has No Limits!

- Age Appropriate Programs for Ages 6 Weeks to 9 Years
- Nursery School with Certified Teacher
- Child and Parent Consultations
- Before & After School Programs with Transportation Provided
- State Licensed Staff
- Open Door Policy
- CT ELDS



**MONDAY TO FRIDAY
6:30 AM-6:00 PM**

6 LOCATIONS

MERIDEN (203) 235-8461
186 Pomeroy Ave.,
(E. Main St. Exit Off I-91)

CHESHIRE (203) 272-1637
1311 Highland Avenue (Rt. 10)

SOUTHINGTON (860) 276-1031
1348 West St. (Exit 31 Off I-84)

ORANGE (203) 881-0599
801 Baldwin Rd.,
(At Derby Ave./Rt. 34)

ROCKY HILL (860) 563-9096
558 Cromwell Ave.,
(Rt. 3 Exit 23 Off I-91)

GLASTONBURY (860) 659-3002
586 New London TnPk
(At Rt. 17 Overpass)

LIFE with kids

There's also a practical consideration with certain instruments, such as the guitar. And that's simply the size of the instrument may be too much for your child to handle.

"At 6 years old the smaller guitars can be harder to play," he said.

Other instruments might be more appropriate for younger students, such as piano.

"I think 5 seems to be the age that makes sense for starting off. I've had 4-year-olds and they can't sit still and they're not really ready," said Mike Montgomery of Newington Music, who teaches piano, drums, guitar and bass. "I have a lot of piano students. At that age it's a good instrument. There isn't a physical requirement on your fingers like guitar. Piano is great for five-year-olds."

Don't worry that your child is too old to start. Despite the influence of his guitar-playing father, Zurman didn't start to play until he was in seventh grade. Previously, he played drums.

He said to give the lessons time.

"If they've been wanting to play and they come to the first lesson and think they don't like teacher, take a month of lessons. It takes time to get used to each other," he recommended.

If your child still isn't into it, it may just be that the child is not ready.

Or, perhaps the child wants to play something else.

"If they want to play drums, let them try being a drummer. If they want to play guitar, let them try being a guitar player. They should have freedom of choice to try different things," he said.

Managing your child's expectations is also important.

Kids sometimes quit because "it's harder than they thought," Zurman said. "Years ago when Guitar Hero came out, kids were taking guitar because of the game. Then they find out they can't just play like Jimi

the piano can fit in."

While technology can be a hindrance – Zurman doesn't even have a computer in his office – there are ways that it can be helpful.

Colossale said that students can

"Dance particularly taught me discipline and gave me a love and appreciation for the arts. ... Kids need an outlet, a place to let go and be themselves. It takes time to find that, and it forces them to work hard. But it's worth it, for them and the parents."

– Diana Evjen

Hendrix. They didn't know they'd have to practice."

Gregory Colossale, founder of BackBeat City in Glastonbury, agreed.

"It appears recently that it's instant gratification that they receive from other means. That isn't something that comes quickly from piano. I find that a constant issue. [Students are] a little more impatient," said Colossale, who teaches piano, voice, show choir and acting. "They're not understanding that it's the practicing, the time spent outside of the lesson, is when they get better. It's not in the 30 or 40 minutes we spend together once a week."

He suggested working practice into what a child already is doing.

"[A child] is probably watching an hour of television a day, and there's probably 22 minutes of commercials. If they practice during the commercials, that's a really smart way to practice. It's blended inside of their life. You play into their world and show them how

record themselves playing.

"They're able to hear how simple they once sounded and how they grow," he said.

Colossale suggested that parents can help their child by making sure the piano is accessible, without books, plants or clutter blocking it.

"I think the best thing for a parent to do is encourage their young person to go up to the piano without prompting. Whether they improvise or make some noise or practice, encourage that and allow that to happen as much as possible," he said.

"Try not to complain about the noise," he added. "I was fortunate as a young person, I just banged on the piano and taught myself. Then it became an interest. I think it's about accessibility and your attitude toward it."

Gauging the love

While students are a little older when they begin music lessons, dance classes often start much earlier.

Shannon Barry, co-owner, Shamrock School of Irish Dance, which has satellite locations in West Hartford and Simsbury, started dancing when she was 4. She said that children have varied reasons for not wanting to come to lessons – and sometimes, it's a lot more basic than parents realize.

"Through the years I have found that the reason for young children between the ages of 4 and 7 would be that they simply don't want to leave the house. This might come as a surprise. However, when I have asked parents why, the answer is, 'When trying to leave the house to go to dance class, their child simply says I don't want to go.' I then have said to the parent that their child is doing well in class, pays attention, and understands and follows directions and movements, and really seem to enjoy it while in class.

Unfortunately, it seems, possibly, parents might be a bit too willing to say OK when the child doesn't want to go because as parents we are all so busy with work, housekeeping and other activities that it becomes easier for the parent to just say OK to their child and not go to class rather than telling their child, 'It is time for dance class and we need to keep the commitment we made and finish the year,'" said Barry, who is certified through An Coimisiun le Rinci Gaelacha.

She said it's important to communicate with the instructor when a young child doesn't want to go to class.

"Ask to speak to the teacher and see if they are participating in class. Also, if your dance school allows you to watch a class from time to time, you should be able to tell how your child is doing that way," she said. "You definitely will know if your child enjoys

NEWINGTON PUBLIC SCHOOLS

Is Now Accepting Applications for the Following Vacancies:

**Substitute Teachers
Learning & Special
Education Tutors
P/T School Bus Drivers
Cafeteria Workers**

Please apply online at www.npsct.org

For more information, please contact the office of Human Capital Development at 860-665-8630



The Most Open Public Sessions in CT! Right Around the Corner from Westfarms Mall!



Call or check out our website for schedules and directions.
skatevmsr.com



Veterans Memorial Skating Rink
56 Buena Vista Rd.
West Hartford, CT
860-521-1573

SPRING HOCKEY PROGRAMS

Cross Ice Hockey

Ages 6-14

An exciting and fun hockey experience!

March 14 to May 23

Adult Co-Ed Instruction & Game Play

Ages 18 and over

March 16 to May 25

Registration is now open.

**Register Now for Spring
Learn to Skate Lessons!**

Summer fun at our camps. Register NOW!

West Hartford Hockey Camp
Buena Vista Recreation Camp
Buena Vista Sports Adventure Camp
Buena Vista Afternoon Camp

© 2015 Feld Entertainment

WELCOME TO THE XTREME

Ringling.com

Produced by Feld Entertainment

RINGLING BROS. AND BARNUM & BAILEY
THE GREATEST SHOW ON EARTH
PRESENTS
CIRCUS
XTREME

Kids' Tickets \$12!

Ages 2-12. Limit of four (4) kids' tickets with purchase of a full-price adult ticket.
Restrictions, exclusions and additional charges may apply. Subject to availability. Excludes premium seats.

MAY 11 - 15

XL
XL CENTER

Buy Tickets: XLCenter.com • 877-522-8499 • Venue Box Office

f t i y

#RinglingBros

LIFE with kids

what they are doing if they are dancing around your house practicing [what] they are working on in dance class.”

It's a different situation for kids in middle or high school.

“The main reason usually is they have joined an afterschool sport or have a lot of homework,” Barry said.

Diana Evjen of Evjen Academy of Performing Arts in Farmington said that while scheduling is an issue, it can also help define where a child's interests are.

“The biggest reason for kids dropping their sports or extra-curricular activities is over-scheduling. And that isn’t a bad thing. We have so many opportunities for children these days and they have the ability to find activities that suit them. We put them in dance and soccer and Girl Scouts or choir, and through the process of elimination, children are able to choose their best fit,” Evjen said. “Parents should recognize that children are in the learning process, just the beginning, of their journey into finding their strong suits. With my own kids, I try to gauge their ‘love’ for the sport or activity.”

She doesn't evaluate this by their willingness to practice, rather by their attitudes during and after the activity.

"As a mom in this generation, where a whole world is available for kids through iPads and cell phones and Xbox, etc., I feel like kids need to do something, anything, in a group or as



“If they want to play drums, let them try being a drummer. If they want to play guitar, let them try being a guitar player. They should have freedom of choice to try different things.”

- Mike Montgomery

part of a team, where they train [or] practice together and learn how to work as a team player,” she said. “Dance particularly taught me discipline and gave me a love and appreciation for the arts. Everyone is different, but dance was and still is my outlet and I needed that when I was growing up. Kids need an outlet, a place to let go and be themselves. It takes time to find that, and it forces them to work hard. But it’s worth it, for them and the parents.”

Barry noted that the parents' attitude can make a difference.

“The parent’s job is to give

encouragement and to do the best they can. Make sure you are available to watch them practice when asked. Be excited for them if they have had a hard time with a new move or routine and now have mastered it," she recommended.

Barry said there are numerous benefits to taking classes.

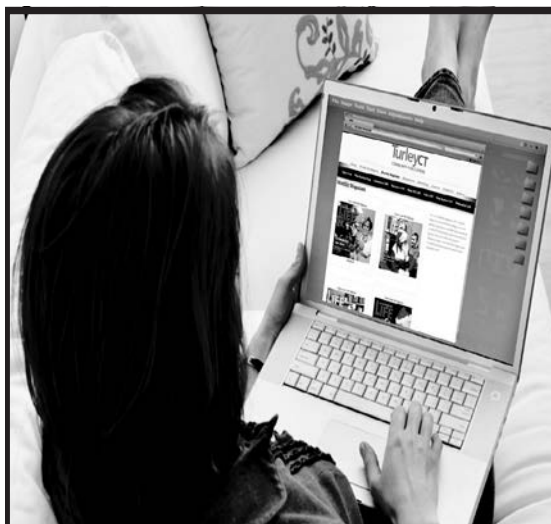
“Dance or music is a great outlet for children to relieve stress. It builds confidence, great self-esteem and dance, of course, helps with physical fitness,” she said, adding that dance and music can also help with math and public speaking.

Montgomery actually builds math into his lessons, such as talking about how many quarter notes fit in a measure. He also noted that music lessons can help children find their place in the world.

“It gives them something to be good at. It happened to me. I was good at music when I was younger; there were other kids like me in band. I remember really liking it and I was good at it, and I could fit in. I wasn’t the sports kid. When I was in gym, I’m the last kid to get picked,” he remembered. “If a kid likes music, it’s a good thing to try. You can really see them light up.”

GL

Learn more at backbeatcity.com, evjenacademy.com, newingtonmusic.com, shamrockdancestudio.com, vortexguitarstudio.com.



TurleyCT

COMMUNITY PUBLICATIONS

Read all of our Community Publications online at

TurleyCT.com

The West Hartford Press • The Valley Press
Valley Life • West Hartford Life • Rocky Hill Life
Wethersfield Life • Glastonbury Life • Newington Life



**putting great guitar
players
on the planet!**

Wethersfield
Rocky Hill
Glastonbury

860-563-3744
vortexguitarstudio.com

LIFE with kids

Super snacks

Healthy, fun treats your kids will love

by Mara Dresner
Staff Writer

Every parent knows the plaintive cry of “I’m hungry; what’s there to eat?” Whether it’s afterschool or for a summer playdate, snacks can be an important nutrition boost, or even a fun project.

“Snacks are considered mini-meals and help children focus at school, on homework and provide them with energy, vitamins and minerals to grow along with satisfying their hunger monster. Snacks are a great way for kids to enjoy fruits, vegetables, yogurt and other foods they may not be getting at their regular meals. Make sure to offer snacks that contain both protein and fiber such as a clementine and a cheese stick. Snacks help children refuel between meals and satisfy their

appetites,” noted Beth Chatfield, clinical dietitian with Connecticut Children’s Medical Center, who also works with the CCMC Specialty Care Center in Farmington.

“As a professionally trained chef, one of my greatest joys is being in the kitchen and experimenting with new recipes. Over the past several months, I have been focusing most of my experimentation on recipes that appeal to kids,” said Rita Neal, a mother of two.

She helped a group of parents organize Growing Great Schools, with a mission to promote children’s and family wellness

“One of the ways Growing Great Schools does this is by offering getCOOKing, a program that teaches kids and teens how to cook. In addition,

getCOOKing focuses on where food actually comes from, why it’s important to eat local, seasonal foods and food traditions,” Neal said.

In addition to creating recipes, Neal also likes to keep easy-to-grab foods for snacks, including apple slices, red pepper slices, carrot sticks, celery sticks, sliced cheddar cheese, clementines, frozen edamame in pods, nuts, bananas and other fruit.

Of course, having healthy foods on hand and getting kids to eat them are two different things, even when you’re an accomplished chef.

Executive Chef Jeffrey Gordon of Stew Leonard’s in Newington, said that when his kids were in elementary and middle schools, he would go into their classrooms and make fun dishes.

“Meanwhile, they won’t eat anything unless it’s brown,” he said of his kids who are now 17 and 20. “With my son, if it’s not pizza or pasta or some type of brown substance, it’s still really tough and I’m trained at what I do!”

Trying to get extra nutrition

such as protein and iron into his daughter’s diet has been another challenge. She is an athlete and also has low iron levels.

“She loves smoothies, and basically I’ve been able to switch the ingredients around, where she doesn’t know they’re in there. I’m looking for how do I get the vitamins and minerals and things they need to make them healthy, to help with their brain growth and their endurance.”

Gordon said that younger children are often interested in the cooking process and want to be involved, such as decorating gingerbread men.

“A kid, especially in elementary school, loves to be interactive with whatever you’re making. I think kids want to be part of the mix,” he said.

LIFE spoke to several chefs in the area to get some of their favorite, original recipes for making snacks for kids.

If you’re thinking ahead to summer, another session of getCOOKing at the Mandell JCC in West Hartford will be held the week of August 18.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Other Day Camps include: West Hartford YMCA, Tri-Town YMCA, Glastonbury YMCA, Wheeler Regional YMCA, Wilson Gray YMCA, and Indian Valley YMCA.

**ENDLESS
OPPORTUNITIES
TO EXPLORE,
LEARN & GROW!
register today!**



LIFE with kids

The program is sponsored by Growing Great Schools, based in West Hartford. For information visit growinggreatschools.org.

Executive Chef Jeffrey Gordon of Stew Leonard's in Newington has developed the following recipes, testing them on his toughest customers – his own kids.

Chef Jeff's Power Punch Smoothie

Ingredients:

- 1/3 cup almond milk
- 6-8 strawberries, stems removed
- 1 whole banana
- 1 tbsp. blackstrap molasses
- 1 tbsp. agave nectar or honey
- ½ cup crushed ice

Directions:

Add all ingredients into blender and blend until smooth. Makes one serving.

Maribeth Abrams is a Glastonbury-based nutritionist and cookbook author specializing in a

plant-strong style of eating for health and well-being. The following three recipes are from her cookbook, "The 4 Ingredient Vegan." Learn more at maribethabrams.com.

White Bean Nacho Dip (vegan)

A versatile, high-fiber, dairy-free "cheezy-style" dip served hot or cold with chips, or cooked into quesadillas with fresh salsa for a zesty and nutritious meal.

Yield: 2 3/4 cups

Ingredients:

- 1 can (15 ounces) white beans (such as great northern beans or navy beans), rinsed and drained
- 1 cup salsa
- 1/2 cup nutritional yeast flakes
- 2 tablespoons cashew butter
- Salt

Directions:

Combine beans, salsa, nutritional yeast and cashew butter in food processor and process until completely smooth. Season with salt to taste. Serve immediately or transfer to a storage container and refrigerate until ready to serve.

Peanut Butter Chews (vegan)

"Turn snacking into an afternoon healthy baking activity!" Abrams suggested. "With a recipe this easy, even the little ones can lend a hand. The ingredients are wholesome and the batter is delicious eaten straight from the bowl."

Yield: About 36 cookies

Ingredients:

- 1/2 cup natural peanut butter
- 2/3 cup agave nectar
- 1 1/2 cups rolled oats - or quick-cooking oats if you want softer cookies
- 1/3 cup chocolate chips, dried cherries or raisins

Directions:

Preheat oven to 350 degrees. Line a baking sheet with parchment paper. Put the peanut butter and agave nectar in bowl and stir until thoroughly combined. Stir in the oats and chocolate chips. Drop the batter onto the prepared sheet using a teaspoon and bake for 10 minutes. Let cool on baking sheet for 10 minutes then transfer to wire rack to cool completely.

Chatfield has developed the following recipes. For more ideas, she recommends checking out snacks from the Academy of Nutrition and Dietetics online.

Left Over Trail Mix

Have kids get a big bowl and put in leftovers of opened bags of:

- popcorn
- high fiber cereal
- mini Triscuits
- whole wheat Goldfish
- nuts (if over age 4)
- mini chocolate chips

Tortilla Pizzas

Ingredients:

- small whole wheat tortillas
- salsa
- Shredded cheddar cheese
- optional toppings (beans, cilantro, chopped green peppers, chopped black olives)

Directions:

Place tortilla on foil-lined tray and mound the salsa and cheese on each tortilla. Cook in oven or toaster oven



Birthday Party Savings for Summer!

Moms agree that The Art Truck is a creative and fun party idea for children of all ages.

Celebrate and create at our **Party Studio & Photo Lounge** in Glastonbury and we'll take care of everything from set-up to clean-up. Our creativity coaches provide fun arts and crafts projects for your guests and everyone creates a unique artwork to take home.

"We just recently had a birthday party for my 4 year old daughter and her friends at the studio. All I can say is it was fantastic. The studio is set up perfectly with several activities in addition to the Art studio for kids to entertain themselves. They move it along at the perfect pace. I would absolutely book a party there again!!" 2016 party dad

\$10 off 90-minute party packages (\$399) for 12 in June, July and August.
Party any Wednesday or Thursday afternoon for only \$350.

Packages include art activity, pizza, cupcakes, paper goods and water (and no stress or mess for you).



30 Hebron Ave., Glastonbury, CT 06033
www.thearttruck.com 844-287-2789

Looking for a place to celebrate with friends, family or co-workers? Adults love The Art Truck's painting parties for family events, office parties and moms' nights out.

Contact us to learn how we can make your celebration a work of art!

LIFE with kids

until cheese is melted and edges of tortilla are browned. Add a dollop of sour cream or guacamole if desired.

Multi-Layer Parfait in a Cup

Ingredients:

seedless grapes, quartered
plain nonfat Greek yogurt
diced pears or any other fruit
(strawberries, blueberries,
mandarin oranges)
granola
roasted pumpkin seeds
2 teaspoons maple syrup

Directions:

Layer all ingredients, dividing equally in mini containers

"There are times when something more substantial is necessary and I have a few tried-and-true recipes that have passed muster not only on my kiddos but also with the kids that have taken my getCOOKing classes," said Chef and Culinary Educator Rita Neal. "One favorite is the seedy granola bar.... These are sweet, chewy, packed with flavor, kids universally love them, and they are filling, have protein, fat, fiber and minerals. ... Another great feature of these is they do not need baking! So fast and easy."

Granola Bars

Ingredients:

1 cup packed pitted prunes
1/4 cup honey or maple syrup
1/4 cup sun nut butter or peanut butter
3/4 cup pumpkin seeds
1 1/2 cup old fashioned rolled oats
1 teaspoon vanilla extract
1 teaspoon ground cinnamon

Directions:

Process prunes in a food processor until it forms a dough like ball on the side of processor. You may toast the oats for 10 minutes in a 325 F oven. Warm honey and peanut butter. Place prunes, oats, honey and peanut butter mixture, pumpkin seeds, vanilla and cinnamon into a large bowl. Mix everything together making sure the prune mixture gets distributed. Transfer to an 8x8 dish and press down firmly until flattened. Cover and let set in the refrigerator, or in the freezer. Cut and wrap individual bars and store in the fridge or freezer for ready-to-go snacking.

Who says that gluten-free can't be delicious? Beth Hillson of Glastonbury is the author of "Gluten-Free Makeovers" and "Complete Guide to Living Well Gluten Free," food editor and creator of Gluten-Free Pantry, one

of the first gluten-free companies in the United States. Learn more at glutenfreemakeovers.com. Here she shares some of her favorite recipes for gluten-free snacks.

M & M Smoosh-In Cookies (gluten-free)

Makes 30 to 32 cookies

"Kids will love these rich, buttery cookies. Slightly crisp on the outside with a chewy center, customize by 'smooshing in' M & M's or topping with chopped pecans, chocolate sprinkles or colorful sanding sugar," Hillson suggested.

Ingredients:

1 cup (2 sticks) unsalted butter, room temperature
1 1/4 cups granulated sugar
1 large egg
1 1/2 teaspoons vanilla extract
2 cups + 2 tablespoons cookie flour blend (*see below)
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 cup sour cream
3/4 to 1 cup M & M's

Directions:

Tip:

Prepare the dough, roll into balls and freeze on a cookie sheet for future

use. When dough is firm, store in a zip-lock baggie until you are ready to bake them. Thaw slightly (about 10 minutes) before baking.

In a large bowl, cream together butter and sugar with an electric mixer until light and fluffy, about 3 minutes. Scrape down sides with spatula. Add egg and vanilla. Mix until combined.

In a separate bowl, whisk together flour blend, baking powder, and baking soda. Add half to wet ingredients, mixing on low speed. Then add sour cream and combine. Finally, add the rest of the dry ingredients. Mix until the dough is well blended. Smoosh in M & M's. Cover with plastic wrap and chill for 30 minutes.

Preheat oven to 350F. Line cookie sheets with parchment paper. Roll dough into walnut-size balls. Place on parchment-lined baking sheets, two inches apart. Dough will spread. Bake for 15 to 18 minutes, until edges start to brown slightly.

Cool for 10 minutes in pans before removing to wire racks to cool completely. Cooled cookies will keep in an air-tight container at room temperature for several days and can be frozen for up to two months. **GL**



READ
LIFE
ONLINE AT

www.TurleyCT.com

TurleyCT
COMMUNITY PUBLICATIONS

INFANTS INFANTS INFANTS pre-enroll July to January 2017

We are Grateful for Your Trust and We Cherish the time with your Children



Call Today!

(860)

659-4766

jneildowner@aol.com

INFANTS • TODDLERS • PRESCHOOL
INFANT OPENINGS NOW!
SCHOOL AGE BUS to/from HOPEWELL SCHOOL

Our Children's Place

Glastonbury's Finest Learning Center for Children

www.OurChildrensPlaceChildCare.com

30 Quarry Road, Glastonbury (off Route 2 Exit 10 or Route 83 Manchester)

We want your
Family's Business!
FREE WEEK
with this AD expires 6/16/16

**Family Affordable
WEEKLY RATES!**
INFANTS \$285
TODDLERS \$270
PRE-SCHOOL \$185-200
*SCHOOL AGE \$100-125
SUMMER \$185
Huge Family Discounts Available

Summer Adventures Camp

Enrolling Now – Ages 4-11
Huge Playground! Grow a Garden!
Sports! Crafts! Science &
Alternative Energy Research!
Museums, Mini Golf, Bowling, State Parks,
Project O, Rockcats & more!
ACADEMIC SUPPORT • LIBRARY TRIPS
Character Building & Good Citizen Experiences
OPTIONAL CLINICS!
• SOCCER • SWIM LESSONS • TENNIS
• TAEKWONDO • GYMNASTICS
• GOLF LESSONS

LIFE with kids

Safety first

Parents need to closely monitor children and modern technology

by Mark Jahne
LIFE Staff

The world of technology is rapidly changing, and those most adept at using it are often children and teenagers. But experts say young people tend not to understand the risks awaiting them in cyberspace or the need to use this technology wisely.

Cell phones, especially smart phones with Internet access, are in the hands of countless young people. They are the masters of text messaging, Facebook, Instagram and all the other forms of social media.

"The kids are the 'technados' and we adults are the immigrants. It is much more intuitive for our children," said Emily Daigle, director of special services for the Wethersfield

Public Schools.

Educators and law enforcement worry that the innocence of youth, when mixed with advanced technology, is a recipe for disaster. This is separate from the technology used in schools that, in some districts, can be taken home.

"Technology has moved faster than our ability to educate on the ethics and safe use of it. We see that not only with our kids, but with adults. Technology etiquette, I would call it," Daigle said.

"We're always trying to multi-task. It just never ends. I think we need boundaries. We need to respect face-to-face time," she added.

American society has become

one of immediate gratification, she said, so people are constantly checking their phones and texting, even while driving.

Daigle said few children, including the older ones, seem to understand that whatever they send into cyberspace is there forever and can come back to haunt them. In her opinion, parents have the ultimate responsibility to decide if and when to allow children to have a cell phone, personal email account, Facebook page and other social media.

She emphasized that parents always need to know what their chil-

dren are doing with the technology they are allowed to have and must stand up to complaints that this is something personal and private. Peer pressure

"Parents need to understand that kids are vulnerable. They don't have the knowledge to make safe decisions."

-Emily Daigle



Stephanie Belanger, APRN • Steven Craig, MD • Margaret Kloby, MD • Patricia Bouwer, APRN • Cecille Freilich, MD • Joy Hong, MD

Welcoming New Patients

Somerset Pediatrics in Glastonbury is part of the ProHealth Physicians family, providing excellent care and service to children and adolescents.

Our philosophy is to deliver personal, up-to-date medical care and preventive health guidelines to families. We enjoy teaching parents and sharing updated information according to the guidelines of The American Academy of Pediatrics. As primary care physicians, we should be your first resource in pursuing your child's medical and mental health care needs.

We use new technologies to provide high-quality primary care with a patient-centered focus.

- Secure electronic health records
- myProHealth patient portal—view your medical records online (and more!)

To schedule your first visit, call toll-free: 1-855-CTMD-411
Somerset Pediatrics • 290 Western Boulevard, Glastonbury • 860-652-3325



ProHealthMD.com/SomersetPediatrics

TECHNOcamp

100% FREE. 110% FUN!

FREE PROGRAM.

FREE MEALS.

FREE TRANSPORTATION.

WHAT'S BETTER THAN THAT?

If you are thinking about what to do with the kids this summer, **TECHNOcamp is the place to be for kids entering 7th or 8th grade.** The camp is **completely FREE** and will have several programs where kids can learn more about things like culinary arts, hairdressing, masonry, sound production and so much more!

Take advantage of this **great summer camp** and all the **FREE** fun that comes with it!

Applications are due June 1, 2016 and space is limited!
Visit cttech.org to learn more and fill out an application.



*All programs are subject to change.

LIFE with kids

among youth is not an excuse for a parent to back down.

One idea she suggested is to place tracking devices on phones that will identify where a child is at all times. She firmly believes that cell phone and other technology use should not be allowed to proceed without strict monitoring until that son or daughter heads off to college.

"Parents need to understand that kids are vulnerable. They don't have the knowledge to make safe decisions," Daigle said. "Make the decision that is right for your house."

Parents especially need to be aware of how their children are using social media. Cyber bullying is a rapidly growing problem.

"That has changed so profoundly for these kids," she said.

In the old days, bullying was limited to the bully, the victim and perhaps a couple of other children who witnessed the cruel behavior in school or on the playground. The victim could get away from it by going home.

Now bullying and other harmful remarks are posted online where they can be seen by thousands and those comments never go away. Daigle called cyber bullying pervasive in school districts around the country.

In a few instances, victims have committed suicide.

She said the Wethersfield district works hard to educate students about this problem and how to respect and treat one another. Daigle urges parents in every town to work in partnership with the schools on these issues.

Whenever an allegation of bullying is brought to school administrators in her district, the school resource officer is informed and Facebook and Twitter accounts are reviewed as part of the investigation.

Any student identified as a bully must go through a remediation process to learn why such behavior is unacceptable.

"What they say is out there and it's now permanent. It's a lot easier to say something cruel when it's not face to face," Daigle said.

She warned parents that children will do their best to get around any blocks or boundaries placed on their use of technology and the Internet. She compared granting a child free access to cyberspace to handing over the keys to the family car without first requiring some driving lessons.

Website domains, Twitter handles, Facebook pages, email accounts, even ring tones can all create problems. Something posted by a 14-year-old today can come back to haunt that person when it comes time to apply for college or a job.

"I'm not a big fan of kids having phones

with the Internet on them," said Jamie DeSimone, community services officer for the Newington Police Department.

She said there is no reason why parents cannot give their child a flip phone or track phone to enable them to stay in touch without access to cyberspace.

She agreed with Daigle that smart phones and other modern technology are not a young person's right, especially since the parents pay for this technology. Safety is paramount.

"Kids are curious and they are too trusting. These kids put out too much information," DeSimone said. "I'm not a big fan of kids having Facebook or Twitter or Instagram. That's a pedophile's dream."

She said pedophiles often pretend to be older children. They identify vulnerabilities and then

groom their eventual victims.

"They can get you on your phone, they can get you on your computer, they can get you on whatever gaming system you use," she said.

The officer spoke of teenage girls posting inappropriate photos of themselves online that can cause great damage to them later in their lives.

"Colleges and places of employment do Internet searches," she said.

When they find this kind of material, it does not bode well for the applicant, even if it was posted in a moment of immaturity many years ago.

She teaches Internet safety in the schools and spoke of one particular incident that resulted in a violent crime.

"We had a Myspace case that turned into a sexual assault," DeSimone said. "It's a scary world." **GL**



MANCHESTER
COMMUNITY
COLLEGE

Precision Manufacturing Program Info Session. 5/2, 3 p.m., LRC B144. Please join us to learn more about the Precision Manufacturing program. Info: Edward Dombroski at 860-512-2814 or email edombroski@manchestercc.edu.

MCC Student Recital. 5/2, 6:30 p.m., SBM Charitable Foundation Auditorium. MCC music majors will present a concert featuring instrumental and vocal solos, and ensemble pieces. Info: Carolina Flores at 860-512-2640 or email cflores@manchestercc.edu.

Albertus Magnus College Campus Visit. 5/3, 10 a.m., SSC Atrium. Representatives will be on campus to discuss transfer opportunities. Info: Robert C. Turner, Jr. at 860-512-3328 or email rturner@manchestercc.edu.

Pet Therapy with Tails of Joy. 5/3 and 5/4, 1 p.m., LRC A142 and A108. Looking for a way to take the stress out of studying for exams? Visit with Tails of Joy specially trained dogs the week before exams. Info: Paula Pini at 860-512-2877 or email ppini@manchestercc.edu.

Healing Voices: Film and Community Discussion. 5/3, 7 p.m., SBM Charitable Foundation Building E202. *Healing Voices* is a new social action documentary written and directed by PJ Moynihan. *Healing Voices* explores the experience commonly labeled as 'psychosis' through the stories of real-life individuals, and asks the question: What are we talking about when we talk about 'mental illness'? Info: Stacy Giguere at 860-512-2796 or email sgiguere@manchestercc.edu.

Admissions and Financial Aid Information Sessions. 5/10 and 5/24, 5:30 p.m., GPA Community Commons. Learn more about the college, the enrollment process, programs and services offered, and take a brief campus tour. Info: Elijah Oliver at 860-512-3218 or email eoliver@manchestercc.edu.

Health Careers Admission Information Sessions: Students interested in being admitted into a Health Careers credit program must attend a mandatory information session

May Events

before applying. Info: Theresa Blake at 860-512-2704 or email tblake@manchestercc.edu.

Respiratory Care. 5/12, 10 a.m., LRC A142

Occupational Therapy Assistant. 5/12, 11 a.m., LRC A142

Radiologic Science. 5/12, 2 p.m., LRC A142

Dental Assistant. 5/12, 3:30 p.m., LRC A142

Spring Arts Festival. 5/20, 6:30 p.m., SBM Charitable Foundation Auditorium. The MCC music program will present a concert featuring the Jazz, Chamber, Chorale and Madrigal ensembles. Come and enjoy the music, as well as the artwork of MCC students from the Visual Arts Department. Info: Carolina Flores at 860-512-2640 or email cflores@manchestercc.edu.

MCC Scholarship Reception. 5/24, 6 p.m., SBM Charitable Foundation Auditorium. The evening features an award ceremony for the Fall 2016 scholarship recipients followed by a reception and light refreshments. Info: Teresa Arnold at 860-512-2924 or email tarnold@manchestercc.edu.

52nd annual Commencement. 5/26, 5:30 p.m., Bicentennial Band Shell, MCC campus. Info: www.manchestercc.edu/commencement.

International Film Series: *Mustang* (Turkey). 5/27, 7 p.m., SBM Charitable Foundation Auditorium. When five orphan girls are seen innocently playing with boys on a beach, their scandalized conservative guardians confine them while forced marriages are arranged. 97 mins. Drama. Turkish. Rated PG-13. Info: Evelyn Angry-Smith at 860-512-2874, email eangry-smith@manchestercc.edu or visit libguides.manchestercc.edu/mccifs.

All events are free and open to the public, unless otherwise noted, and are subject to change without notice. For current information or notices of cancellation, click on "View All Events" on MCC's web site: www.manchestercc.edu.

5/2016

TurleyCT Community Publications

Life Publications The Valley Press The West Hartford Press

To advertise call 860-651-4700 • TurleyCT.com

Popular playtime picks

Today's hottest games to entertain kids this summer

Compiled by Alison Jalbert

Zombie Run!

"The cards all have zombie kind of things on them. Zombies are popular and it's an easy-to-learn game. That's part of the draw; when people come in looking for games, as an adult, they want to have fun playing the game, too."

—Sara Scott, owner of The Perfect Toy in Avon



IQ Bit

"It's a one-player game with 120 different ways to play it. It starts out really easy, but with 120 different ways to play, it gets harder as you go on."

We have a demo of it up on the counter [and people] really get into it. That's always an indication that it's a good game."

—Dave Ekwall, owner of The Wooden Toy in Wethersfield

Wet Head

"It's a new game – you wear a helmet filled with water and pull

out a stick with the possibility of getting the whole helmet of water [on you]."

—Kim Reed, owner of Pinwheels Toys & Games in Glastonbury

Spot It!

"The cards have a variety of pictures on them, with one matching picture on every card. You want to be the first one to spot the match. Younger



children do really well [with this game]. As an adult ...

we don't see it as quickly. It's

challenging for adults – fun, but we don't tend to win."

—Deb Necker, owner of Necker's Toyland in Simsbury GL



Excursions in Learning YOUTH PROGRAMS

Enrichment Classes for Inquisitive and Creative Minds

July 11-29

One-Week Programs

- Technology Camp (grades 5-8)
- Culinary Institute (grades 5-8)
- Adventures in Leadership (grades 5-7 or 8-10)

August 1-12 (grades K-8)

Two-Week Program

Summer Academy for Gifted and Talented Youth

For more information, email cschultz@manchestercc.edu or call 860-512-2804.

MANCHESTER
COMMUNITY
COLLEGE
Division of Continuing Education

Check out our catalog at
www.manchestercc.edu/excursions
Facebook: MCC Excursions in Learning

LOVE WHO YOU BECOME @ CAPITAL COMMUNITY COLLEGE



Earn Credits Towards Your 2- or 4-Year Degree This Summer!

Take classes this summer at Capital Community College to get ahead, catch up, or lighten your load next semester!

Students from other colleges welcome — most credits transfer!



Session 1: May 23 – July 1

Session 2: May 23 – July 8

Session 3: June 27 – August 12

Session 4: July 5 – August 12

capitalcc.edu 860-906-5130 950 Main Street, Hartford

TurleyCT Community Publications

Life Publications The Valley Press The West Hartford Press
To advertise call 860-651-4700 • TurleyCT.com

LIFE with kids

Bringing the *past* to life

Young docent loves the old days

by Nancy Thompson
Editor

While many sixth-grade students are heavily into social media and other technology, Annika Hurley prefers the simpler life of the 18th century.

"Everyone's obsessed with all that stuff," she said. "But in the 18th century you can get away from it all."

Annika said she became interested in history through the "American Girl" series of books and dolls.

"I got hooked on the books," she said. "There's a Native American doll and that's how I kind of got into it."

She continued, "I kind of like the whole survival thing: primitive,

wigwams, pioneer stuff, colonial times. I wanted to do pioneer stuff, but this is Connecticut so that's hard."

Annika, who lives with her parents, Steve and Christine, and her older sister, Alia, volunteered as a docent at the Welles-Shipman-Ward House last summer with Lin Scarduzio, the curator, and Diane Hoover, the education director for the society. She impressed them both with her knowledge and her enthusiasm.

"She gives a house tour as well as we do," Scarduzio said. "She is also learning to cook on our kitchen hearth. I would rather have her in the



As a docent at the historic old house, Annika Hurley dresses in colonial garb but does not play a character.

Photo by Brian Ambrose



Glastonbury Orthodontics is now open!

We provide complimentary consultations for our patients and are happy to evaluate any concerns. Our office provides orthodontic care for children, adolescents, and adults in a warm and caring environment. Stop by and visit our state-of-the-art office!



GLASTONBURY
ORTHODONTICS

277 New London Turnpike
860-430-9889

Sonal Patel Maru, DMD
www.glastonburyorthodontics.com

Office Hours: Tues: 9:30am-5pm;
Wed: 10:30am-6:30pm; Fri: 9:30am-4pm;
Sat: 2nd of the month, 9am-12 pm

UNIVERSITY OF HARTFORD

the  SUMMER PLACE
SUMMER 2016

4 exciting summer camp programs for
children from preschool through 11th grade.

Each program is unique, yet share a commitment
to excellence in curriculum, staff, and facilities,
and are based on the premise that learning and
fun go hand in hand!



Summer Place

Summer Place Leaders in Training
Kinderplace and Li'l Place

THREE TWO-WEEK SESSIONS
ARE OFFERED

SESSION I

June 27 - July 8

SESSION II

July 11 - July 22

SESSION III

July 25 - August 5



BUS SERVICE AND EXTENDED
HOURS OPTIONS ARE AVAILABLE.

860.768.4432

SummerPlacePrograms.com

For your active lifestyle

ROUTINE AND URGENT ORTHOPEDIC CARE



John J. Mara, MD



Robert W. McAllister, MD



Randall J. Risinger, MD



Kevin A. Belanger, PA-C



Christopher J. Berube, PA-C



Wayne M. Perosky, PA-C



Elyssa L. Roberts, PA-C



David C. Woodworth, PA-C

- General Orthopedics and Surgery
- Sports Medicine – Youth to Adult
- Hip and Knee Replacement
- Hand and Upper Extremity
- Shoulder Care and Surgery
- Reverse Shoulder Replacement
- Arthroscopic Surgery
- Adult Fracture Care

At Hartford Orthopedic Surgeons, our medical staff is dedicated to delivering superior orthopedic care at each of our three locations. If you have an urgent orthopedic need, visit our **Walk-in Center in Manchester**. Whether it's an accident, a sports injury that's flaring up, or acute joint pain that takes you by surprise, come to Ortho Speed Pass and receive expert orthopedic care without the wait.



htfordorthosurg.com



NO APPOINTMENT NEEDED

HARTFORD
1000 Asylum Ave.,
Suite 2108
860.525.4469

AVON
35 Nod Rd.,
Suite 105
860.525.4469

MANCHESTER
515 W. Middle Tpke., Suite 110
860.432.4640
Open Mon-Fri 8am-8pm Sat 9am-4pm

LIFE with kids

“[Annika] is also learning to cook on our kitchen hearth. I would rather have her in the kitchen with me than some of the adults I’ve worked with.”

– Lin Scarduzio

kitchen with me than some of the adults I’ve worked with. She is also volunteering at the museum, in the curatorial department, when Welles-Sipman-Ward is closed for the season.”

Hoover agreed with the praise for Annika.

“She is a natural as a docent, knowledgeable about the history and she shares her enthusiasm and passion for the subject,” Hoover said. “She is

totally at ease in a colonial environment and when she is interpreting at the Welles-Sipman-Ward House she appears as if she has stepped out of time to share information with visitors. We are so very proud of her.”

Cameron MacKay, Annika’s counselor at Gideon Welles School, described her as intellectually curious and motivated to learn.

“Annika is a model student.

Like so many of her peers, she demonstrates our school standards – caring, respect, and responsibility – each day in all of her classes,” MacKay said. “But Annika also extends herself further. She goes out of her way to support other students and participate fully in all of her classes. When something doesn’t make sense, Annika makes a point of advocating for herself in a respectful manner.

Photo by Brian Ambrose



Register Online TODAY!
Age 3 - Grade 10



Renbrook School SUMMER ADVENTURE

renbrooksummeradventure.org

West Hartford, CT 860.232.8410

NEW FOR 2016!

New! 2 Week Sessions

New! 1 Week STEAM Classes

(for campers entering grades 3-12)

New! Option for Scholastic Only

New! BIG Stage Senior Theater Shows



READ
LIFE
ONLINE AT

www.TurleyCT.com

TurleyCT
COMMUNITY PUBLICATIONS

LIFE with kids

Photo by Nancy Thompson



Annika plans to major in history in college and hopes eventually to work at Old Sturbridge Village.

At the end of each class she makes a point of thanking her teachers.”

As a docent at the historic old house, Annika dresses in colonial garb but does not play a character.

“At Welles-Shipman-Ward I don’t have a character. I associate with the people,” she said.

An exception was the historical society’s “Supper in Welles Tavern” event, for which she played the role of Hoover’s character’s daughter. That night, the two were supposedly traveling to New London to visit Hoover’s character’s sister, who was having her first child.

Last winter, while the house was closed for the season, she worked with Scarduzio at the society’s museum on Main Street, going through each piece of clothing in the museum’s collection, unfolding each one from its box, photographing it and then refolding and returning it to its container.

Annika enjoys frequent trips to Old Sturbridge Village in Massachusetts. As is the case with the local house, docents and interpreters there dress in 18th-century costumes but usually speak from a modern perspective. She will spend two weeks at Old Sturbridge Village this summer, working in the village garden and doing what the village website calls “dirty jobs” before heading to Smith Middle School in the fall. She said she plans to major in history in college and hopes eventually to work at Old Sturbridge Village, but she’s also realistic about the future and the financial implications of working for a non-profit organization.

“Lots of people work there at jobs they love, but they have other jobs in their off-hours,” she said, adding that she also loves animals and agriculture and would like to raise animals on a small farm when not working at the village. “I’m not one of those people who’s caught in a time warp,” she said. “I just don’t have the high-rise dreams of living in New York City.” **GL**

Tech it Out 2016

Summer at CCSU!



FEATURING

THE POWER TO MOVE: students use their technical and problem-solving skills to help children with disabilities while exploring biomedical engineering, movement science and related fields.

GIRLS MENTORING & LEADERSHIP: girls will work together to develop leadership skills through robotics.

ROV/ROBOTICS GIRLS ACADEMY: girls learn basic concepts in science and engineering to build and keep an underwater robot - while having fun!

All classes at CCSU Downtown New Britain Campus Central Connecticut State University School of Engineering, Science & Technology – Office of Continuing Education • www.ccsu.edu/ConEd • 860-832-2277

Continuing Education

CENTRAL CONNECTICUT STATE UNIVERSITY

Fun, interactive & challenging technical programs for kids in 3rd - 12th grade!
Classes taught by CCSU faculty, alumni and teachers.

- 2D & 3D Modeling with Minecraft™ & 3D Printing
- Android App & Game Programming
- Robotics
- Python Programming
- Scratch Programming
- 3d Computer Modeling for Animation & Game Design



PLATINUM SPONSOR

StanleyBlack&Decker

GOLD SPONSOR



SILVER SPONSOR



BRONZE SPONSOR

Office of Continuing Education • www.ccsu.edu/coned • 860-832-2277 • csterling@ccsu.edu



TurleyCT

COMMUNITY PUBLICATIONS

Read all of our Community Publications online at

TurleyCT.com

The West Hartford Press • The Valley Press
Valley Life • West Hartford Life • Rocky Hill Life
Wethersfield Life • Glastonbury Life • Newtonville Life

Events *spotlight*



Photo by Lou Goodman

Annie Weatherwax

Author book talk with Annie Weatherwax

May 15, 2 to 4 p.m.

Riverfront Community Center
Dianne Hemlock, ciao24@cox.net
Former Glastonbury resident, artist and author Annie Weatherwax will talk about her novel, *All We Had*, at this event sponsored by the Welles-Turner Memorial Library Second Century Fund. Katie Holmes directed the film version of the book and starred as Rita Carmichael. Josh Boone, who directed *The Fault in Our Stars*, wrote the screenplay for the film, which was listed as a must-see at



Courtesy photo

Plant sales everywhere

this year's Tribeca Film Festival. There is no charge.



Plant sales everywhere!

May 12 and 14, times vary
Hubbard Green

Three local garden clubs will sponsor plant sales this month. The Hill and Dale Garden Club will offer a variety of plants May 12 starting at 10 a.m. There is no admission charge, and proceeds from the sale will benefit civic projects and scholarships. Cash,

Thank you to the 5,300
volunteers who helped change
lives for children and families
in our community last year.

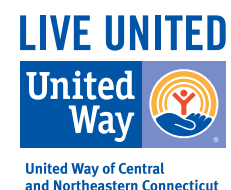


Clockwise from top left: Volunteer Income Tax Assistance (VITA), 24th annual United Way *Year of Caring*, United Way Volunteer Budget Coaching, and, United Way Readers Program.

You gave your time... you gave a piece of yourself. Now, it's our turn to celebrate you! Thank you for opening up your heart. It's not every day that someone as caring as you comes along.

UnitedWayInc.org/Volunteer

f t p i UnitedWayInc.Org Facebook.com/UnitedWayInc Twitter @UnitedWayInc Pinterest.com/UnitedWayInc Instagram @UnitedWayInc (860) 493-6800



checks and credit cards will be accepted. A joint plant sale, sponsored by the Evergreen and Glastonbury garden clubs will take place from 9 a.m. to noon on May 14. The event will feature Carol Quish, a member of the Glastonbury Garden Club and a program aide with the University of Connecticut Home and Garden Education Center. She will be available to diagnose plant diseases and provide insect and weed identification. Gardeners are encouraged to bring their plants or a photo for a free diagnosis and recommendations for treatment.



Planning the kitchen garden

May 15, 4 p.m.

Welles-Shipman-Ward House, 972 Main St., South Glastonbury
860-633-6890 or hsgct.org
Spring is here and it's time to plant the vegetables and herbs that will nourish and heal the family through the coming year. Glastonbury

Partners in Planting will be starting the kitchen garden with the plants that a colonial housewife would have used to feed her family; corn, squash, beans, onions, kale and potatoes. They will be demonstrating how to plant an organic garden and everyone is very welcome to join in and help get the garden started. This is a great opportunity to have your children or grandchildren learn about gardening. Children of all ages are welcome to help plants seeds and can then bring home their own lettuce plant to nurture and grow.

In the herb garden outside the kitchen door, the Glastonbury Garden Club will be discussing the herbs that would have used to season the family's food, and the plants that would have made up any colonial woman's "medicine cabinet."

Use this opportunity to learn about colonial gardens, and also to learn about your own. The two garden clubs will be answering your questions and giving advice to make your spring garden the best it can be! House and barns tours. Parking is

available at St. Augustine Church, 55 Hopewell Street. Follow the wooded pathway to the property. Handicapped parking is available on the property. \$5 donation per person.



Family concert with Greg Wilfrid

May 15, 2 p.m.

Connecticut Audubon Society Center, 1361 Main St.

860-633-8402 for reservations

West Hartford resident Greg Wilfrid is a music teacher and performing musician who plays acoustic and electric guitars, piano, synthesizers, banjo, ukuleles, basses, drums, bass drum, shakers, tambourine, pillow, and scissors. He incorporates his love of folk music and storytelling in his live performances of songs from his own songwriting repertoire as well as traditional folk ballads from around the world. For the past six years, he has performed with a traditional Celtic folk band, The Jolly Beggars, with



Courtesy photo

four of his friends. Admission is \$10 with a family maximum of \$30 for members, \$14 with a family maximum of \$40 for non-members, both half price for children younger than 12. **GL**

One of our many "Rehab Star Graduates"

We Serve and Welcome The Entire Community

Served over 2,000 individuals from our surrounding communities

Short Term Rehab ~ Respite Care
Long Term Care ~ Memory Care
Skilled Nursing Care
Outpatient Rehab



52 Missionary Rd. • Cromwell 860-635-5511 covenantvillageofcromwell.org



READ
LIFE
ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

Tickets now available



WOMEN'S
LEADERSHIP
COUNCIL

POWER
of the
PURSE

Celebrating 5 Years of Strengthening Women & Families in our Community

2016 Power of the Purse Luncheon and Silent Auction

Featuring Homeless to Harvard Speaker Liz Murray

Formerly homeless, Liz Murray transformed her life of despair into an inspiring journey of determination, hope and hard-won success.

Tuesday, June 7, 2016
11:00 am–1:30 pm
Connecticut Convention Center
Hartford, CT

unitedwayinc.org/POP2016
#PursePower2016



2244 Silas Deane Hwy.
Rocky Hill
860-257-8626
www.formalsbyantonio.com

FORMALS BY
Antonio
MEN'S CLOTHIERS



Beautiful Selection of
FINE MEN'S CLOTHING

PROM TUXEDO COUPON
Receive \$40⁰⁰ Off
Our Already Low Prices!
Choose from an Extensive Designer Collection In-Stock!
Cannot be combined with any other offer.

May calendar

1 **The Glastonbury Chorus presents "Swing into Spring,"** with a reception after the concert, 4 p.m., Smith Middle School auditorium, 216 Addison Rd. \$8 for adults, \$5 for seniors and students. No charge for children younger than seven or active-duty service members in uniform. Tickets are available at the door or from chorus members. Non-perishable food items not in glass containers will be collected for the local food bank.

2 **Aida Mansoor**, president of the Muslim Coalition of Connecticut, will talk about women in Islam, 7 p.m., Congregational Church in South Glastonbury, 949 Main St. 860-633-4651.

3 **Master Gardener Judith Dreyer** will talk about herbal teas, 6:30 p.m., Welles Turner Memorial Library Friends Room, 2407 Main St. Registration is suggested. 860-652-7720 or wtmlib.com

7 **Spring book sale** sponsored by Friends of Welles-Turner Memorial Library, 9 a.m. to 5 p.m. Library front lawn, 2407 Main St. In case of rain, sale will take place in the enclosed parking deck at TD Bank. 860 652-7728

9 **Board of education**, 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

10 **Town council**, 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

12 **Plant sale sponsored by the Hill and Dale Garden Club**, 10 a.m., Hubbard Green behind the Historical Society of Glastonbury's museum. No admission. 860-633-8987.

Exhibit of art by Matt Radl, 5 to 7 p.m., Gateway Financial Partners, 500 Winding Brook Dr., second floor. Presented by Gallery @ Gateway.

Getting the most out of your smartphone, 3 p.m., Welles Turner Memorial Library Friends Room, 2407 Main St. Registration is requested. 860-652-7720 or wtmlib.com

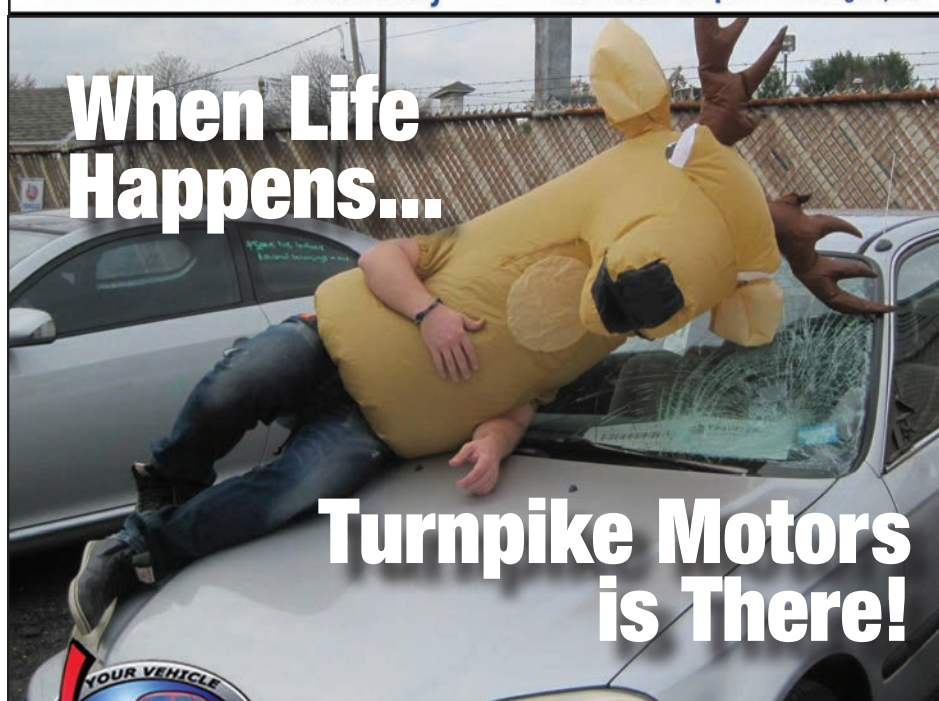
14 **Cocomong – A Space Adventure**, 2:30 p.m., Glastonbury East Hartford Magnet School planetarium, 95 Oak St. Tickets are not available at the door but can be purchased at www.glastonburyplanetarium.org for \$4.25. For more information, email Planetarium@Glastonburyus.org or call 860-652-4910, ext. 364.

Plant sale sponsored by the Evergreen and Glastonbury garden clubs, 9 a.m. to noon. Hubbard Green, corner of Main and Hubbard streets, rain or shine.

Paper shredding, 9 a.m. to 1 p.m., public works yard, New London Turnpike. Open to town residents only.

Turnpike Motors 860-666-3319
Autobody — 2550 Berlin Turnpike • Newington, CT

When Life Happens...



Turnpike Motors is There!

  /turnpikemotors
www.TurnpikeMotors.com

Great Living Comes in Small Packages One-Bedroom Apartment Homes Now Available

Welcome to your new home at Duncaster, where you'll discover one-bedroom living at its best.

Each apartment includes the latest finishes, including granite, stainless appliances, recessed lighting and more. Duncaster offers magnificent surroundings and the exceptional amenities, convenience and ease of apartment home living.

Find out just how comfortable, cost-effective and efficient living can be at Duncaster.

A limited number of one-bedroom apartments are available. Please also call to learn about two- and three-bedroom styles.

Call **860-380-5006** to schedule your complimentary lunch and tour.

Ask about individual garages.



Duncaster
Boutique Community Living



40 Loeffler Road, Bloomfield, CT | www.Duncaster.org

15 **Birding walk** at Wind Hill Community Farm sponsored by the Land Heritage Coalition of Glastonbury, 8 a.m., Wind Hill Farm, 2954 Hebron Ave. Light to moderate amble through woodlands and hayfields. Participants should wear sturdy, water-repellent footwear. 860-508-1844 or lhcglastonbury.org.

Farm fresh tasting featuring carrot cake jam pancakes, nitrate-free bacon, hayrides, farm animals, kids' activities, entertainment by Frankie Justin Lamprey & Roughstock and more, 1 to 4 p.m., Killam & Basset Farmstead, 14 Tryon St. A portion of sales will benefit the Judy Lynch Memorial Scholarship Fund in memory of Chris Basset's mother. 860-833-0095 or KBfarmstead@gmail.com.

Greg Wilfrid in concert, 2 p.m., CT Audubon Society Center, 1361 Main St. \$10 with a family maximum of \$30 for members, \$14 with a family maximum of \$40 for non-members, both half price for children younger than 12. 860-633-8402 or ctaudubon.org.

Planning the kitchen garden, 4 p.m., Welles-Shipman-Ward House, 972 Main St., South Glastonbury. \$5 donation requested. 860-633-6890 or hsgct.org.

17 **Town plan and zoning commission**, 7 p.m., town hall council chambers, 2155 Main St. glastonbury-ct.gov.

19 **We Are Aliens**, 6 p.m., Glastonbury East Hartford Magnet School planetarium, 95 Oak St. Tickets are not available at the door but can be purchased at www.glastonburyplanetarium.org for \$4.25. For more information, email Planetarium@Glastonburyus.org or call 860-652-4910, ext. 364.

Photographer class with Kitty Schooley, 7 to 8:30 p.m., CT Audubon Society Center, 1361 Main St. Second part will take place May 26. \$30 for both classes for members, \$40 for non-members. 860-633-8402 or ctaudubon.org.

20 **Early morning bird walk with master birder Larry Lunden**, 7:30 a.m., Earle Park next to the CT Audubon Society Center, 1361 Main St. \$5 members, \$10 non-members. Participants are asked to call 860-633-8402 to confirm. Rain will cancel.

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

21 **Art and Poetry**, featuring poetry and the work of eight artists from Glastonbury Arts 1 to 3:30 p.m., Welles Turner Memorial Library Friends Room, 2407 Main St. Light refreshments will be served. Poems and art will be on display through May 31.

23 **Board of education**, 7:30 p.m., town hall council chambers, 2155 Main St. 860-652-7961 or glastonburyus.org.

24 **Town council**, 7 p.m., town hall council chambers, 2155 Main St. 860-652-7710 or glastonbury-ct.gov.

28 **Genealogy group** sponsored by the Welsh Society of Western New England, 10 a.m. to 5 p.m. Participants are asked to bring their Welsh family tree and a lunch dish to share. Reserve a spot by emailing WelshWNE@gmail.com. Directions will be forwarded at that time. **GL**

The Best Sushi & Hibachi

PATIO NOW OPEN!

50% OFF lunch

buy 1 lunch, get 2nd of equal or lesser value 50% off

dine in only

Ginza Japanese Cuisine
Feng Asian Bistro

With this coupon. Not valid with other offers or coupon. Not valid on holidays. Offer expires 5/30/16.

\$10 OFF any purchase

of \$60 or more

dine in or take-out

excludes happy hour

Ginza Japanese Cuisine
Feng Asian Bistro

With this coupon. Not valid with other offers or coupon. Not valid on holidays. Excludes Friday & Saturdays. Offer expires 5/30/16.

Feng
Asian Bistro

110 Albany Tpke.
Canton
860-693-FENG(3364)

93 Asylum St.
Hartford
860-549-3364

www.FengRestaurant.com

Ginza
Japanese Cuisine

14 Wintonbury Mall
Bloomfield
860-242-8289

1295 Silas Deane Hwy.
Wethersfield
860-563-8855

www.GinzaCuisine.com

Summer Stay at SummerWood

Summer Stay Option! Experience the SummerWood lifestyle at our award-winning senior living community. Enjoy fine kosher dining and a wealth of other amenities including swimming at the JCC indoor and outdoor pools! Choose your own fully furnished apartment. **Contact Valerie today to learn more at 860-523-3808 or vbartos@hoffmansummerwood.org... this opportunity won't last!**



Hoffman SummerWood Community

A Member of the Hebrew HealthCare Family

160 Simsbury Road, West Hartford www.hoffmansummerwood.org



Find Your Thrill

With designs to keep you cool and comfort you can count on, you're bound to beam all season long.

Gift with Purchase
\$10 Value

Cobb Hill

Trunk Show April 30th

Meet the factory representative from
10am-4pm and check out the Spring Collection.



FOOTPRINTS
Shoes & Accessories

79 COSTELLO ROAD, NEWINGTON • (860) 666-3100
MON.-SAT. 9:30-5:45 • THURS. NIGHT TO 8:45 • SUN. 10:00-5:00



Slice of LIFE

photos by Brian Ambrose



1



2



3



4

Dog Easter Egg Hunt at Riverfront Park

More than 100 dog lovers and 54 of their four-footed friends braved the rain for this year's Dog Easter Egg Hunt at Riverfront Park, where dogs searched for thousands of plastic eggs packed with surprises and goodies donated by local businesses. **1.** Trey Trudeau tries to entice his dog, Grace, with a treat. **2.** Karen Hardwick and her 9-year-old maltipoo, Paisley, don't mind getting wet. **3.** They're off to find the eggs. **4.** Nicole Buonaiuto and Lenore, a two-year-old husky enjoy the day. **5.** Ellie, a five-year-old boxer, sniffs out an egg. **6.** Justina Yew as the mascot and Zoe Ward, her handler, were part of the day's festivities. **7.** Kimre Tanaka holds an egg for Denver, a 10-year-old cockapoo. **8.** Sharon Reynolds helps her dog Sadie around the course. **9.** Addison Fastiggi holds on to Zoe. **10.** Martarica Manuxra shows her husky, Cobble, an egg. **11.** Megan Staines stands clear of Cleo, a black lab, as she shakes of a little bit of rain off. **12.** Bentley, a French bulldog, scopes out his next egg. **13.** Vincent Ferrera was there with Mia, a one-year-old German shepherd. **14.** Cynthia Gallant and her best friend, Mao, a six-year-old sharpei mix review their loot.



**AN UNSCRIPTED, UNFORGETTABLE
CONVERSATION
LIVE AT THE CT FORUM**

– FRI. MAY 13. 2016 –
AT THE BUSHNELL

**CREATIVE
ARTISTS**

An evening with storytellers,
creators and entertainers



THIS EVENING HOSTED BY: **pwc**



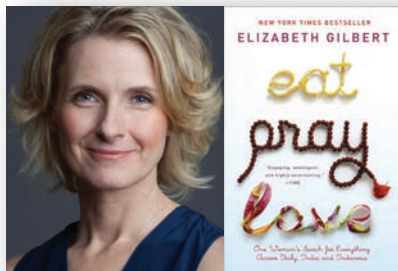
Nile Rodgers

Grammy Award-winning musician
and producer



Bill T. Jones

Award-winning choreographer and dancer



Elizabeth Gilbert

Bestselling author of *Eat, Pray, Love* and
Big Magic: Creative Living Beyond Fear

Moderated by **Alison Stewart**

**TICKETS AND INFORMATION:
860.509.0909 OR CTFORUM.ORG**

LIFETIME PATRONS: Aetna | Connecticut Public Television and Radio | The Hartford Financial Services Group | Lincoln Financial Foundation | The Rosalyn Group | Stanley Black & Decker Travelers | United Technologies Corporation | Voya Financial

YOUR THOUGHTS

With winter behind us and hopefully snowy days gone, hopefully for a long while, everyone seems to be enjoying longer days and warmer temperatures. Glastonbury LIFE was out and about, asking residents what they like best about spring. Here's some of what they said:



Deb Dauphinais

Outdoor activities begin! I get to go bike riding and kayaking, and I enjoy watching everybody else enjoy the outdoors.



Steve Dauphinais

Riding my bike when it's not cold out! I like to go on top of hills where there's a view, such as Clark Hill or Crystal Ridge.



Sandy May

I paint and I love to paint outdoors, so warm weather is a welcome thing. Last year I didn't paint much outdoors and I have a built-up desire to do that. And I like the colors of spring. It's a special palette with pale and delicate colors.

LIFE with Pets

a new leash on LIFE



Jasper

Jasper is a male domestic shorthair. He's 7 years old and friendly. He can handle other animals in his new home, but is shy with people at first.



Bunny

Bunny is a 2-year-old Labrador retriever mix. She would do well in any type of home, but is best suited for one with children over 6. Other dogs are fine, but no cats. She has a lot of energy and needs daily exercise. Additional training is part of this adoption and the best match would be a family with prior large and active dog experience. **GL**

Inquiries about adoption may be made at the Connecticut Humane Society, 701 Russell Road, Newington. Call 860-594-4500. More information, including videos, can be found online at cthumane.org. Click on "Adopt" and "Newington." The Connecticut Humane Society is a private organization and has no time limits for adoption.

Plus Prices you love.

Minus Long lines you hate.

PET SUPPLIES PLUS®

Minus the hassle.

Sale prices valid:
April 28 - May 25, 2016

2 weeks only!

Apr 28 - May 11



20/\$9.00
with card

OVER 50 VARIETIES
Friskies Cat Food
5.5 oz. Can, All Varieties
YOU SAVE \$1.00 ON 20

Tail Waggin' Deals

2 weeks only!

May 12 - May 25



65¢/can
with card

Cesar Dog Food
3.5 oz. Can, Select Varieties
YOU SAVE \$0.10

\$49.98
with card

Wellness Complete Health Dog Food
24-30 lb. Bag
Regular & Grain Free Varieties
Excludes Large Breed
YOU SAVE UP TO \$10.00



4/\$5.00
with card

Wellness Petite Entrees Dog Food
3 oz. Can
Select Varieties
YOU SAVE \$0.92 ON 4



\$4 off
with card

Wellness Cat Food
5-5.8 lb. Bag
Select Varieties
\$19.98-\$21.98 AFTER SAVINGS



4/\$7.00
with card

Wellness Cat Food
5.5 oz. Can
Select Varieties
YOU SAVE \$1.32 ON 4



Store Coupon

Offer Expires 5/31/2016

\$7 OFF

ANY PURCHASE

MUST BE A PREFERRED PET CLUB MEMBER.
SIGN UP IN STORE TODAY. IT'S EASY.

STORE COUPON. May be redeemed at participating Pet Supplies Plus locations only. Must be a Preferred Pet Club member. One coupon per household please. No cash value. May not be combined with any other total purchase offer.

OFFER VALID THRU MAY 31, 2016

PLU #89375

PET SUPPLIES PLUS

CONNECTICUT STORES ARE FAMILY OWNED AND OPERATED.

BRISTOL
1168 Farmington Ave.
860.585.5544

GROTON
646 D. Longhill Road
860.446.0022

MANCHESTER
283 W. Middle Tpk.
860.533.9780

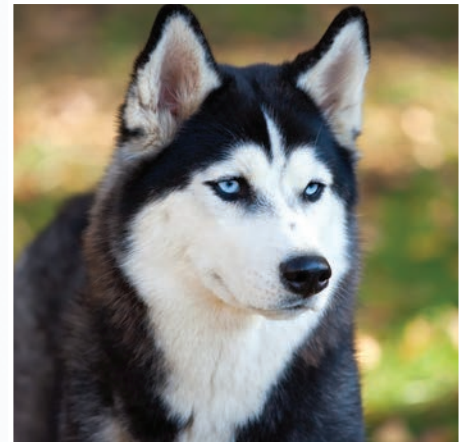
WEST HARTFORD
2480 Albany Avenue
860.570.2461

WETHERSFIELD
1773 Berlin Turnpike
860.563.3110

WETHERSFIELD
1142 Silas Deane Hwy.
860.563.3510



PETS



Pet Resort, Hotel & Spa

CANDLEWICK KENNELS

Since 1976



LODGING

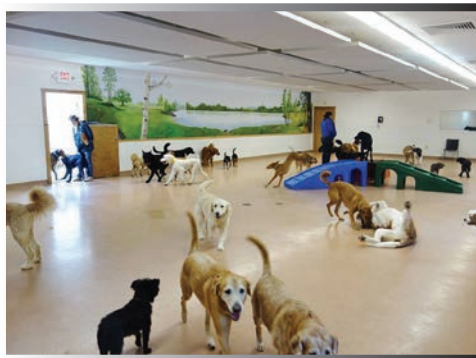
- 🐾 Safe, Clean & Comfortable Environment
- 🐾 Inside Suites with Outside Patio
- 🐾 Trail-Walk and Courtyard Activities
- 🐾 Daycare Available while Lodging
- 🐾 Feline Condos & Apartments, too!

GROOMING

- 🐾 Grooming Staff with over 40+ years exp.
- 🐾 Groomer-Client Consultations
- 🐾 Daily Appointments
- 🐾 Experienced with All Breeds

DAYCARE

- 🐾 All Day Fun & Exercise with Friends
- 🐾 8,700 Square Feet of Play Area
- 🐾 Outdoor Areas are Astro Turf for Your Dog's Safety, Health & Cleanliness
- 🐾 Indoor & Outdoor Areas
- 🐾 Free Evaluation Day!



Our Entire Facility
Is Heated &
Air Conditioned

Walk-in Tours Anytime



Mon-Fri 7am-7pm • Sat 8am-6pm • Sun 12pm-5pm



www.CandlewickKennels.com

2811 Hebron Ave., Glastonbury, CT • 860-633-6878



BEAVER BROOK

ANIMAL HOSPITAL



**GROOMING • BOARDING
ACUPUNCTURE • CAT FRIENDLY
FEAR FREE**
(Taking the "Pet out of Petrified")

OPEN 7 DAYS A WEEK
See our website for details www.beaverbrookah.com
60 Beaver Road • Wethersfield • 860-757-3346

Note from Nancy



A political junkie's take on political junk

I'm a political junkie. I record the morning political talk shows and the evening political talk shows and watch whatever political coverage is on during the day whenever I have a minute.

It doesn't have to be a presidential election year, although I do get a little crazier then.

"Crazy" seems to be the operative word this year.

I mean, really? I used to do a lot of subbing at our local elementary school, and I knew third-graders who were more polite and mature than some of this year's presidential candidates, and more trustworthy than some of the others.

As part of that coveted demographic known as "independent voters" I take pride not in just splitting my ticket, but in shredding it. I vote for the candidates I think will do the best job regardless of their

party affiliation, and if I feel that I don't know enough to make an intelligent choice I don't vote for that position at all. Even back in the dark ages, when Connecticut voting machines had a mandatory party lever, I'd pull it, then flip all the levers back up and pull them down one by one to cast my votes.

Obviously, part of that independent streak is related to my job.

I'd been freelancing as the local reporter – we were called stringers back then because we were paid by the column inch and supposedly used string to calculate how long a story was – for about a week when a member of the board of selectmen, a local physician, approached me after a board meeting to introduce himself. He said he'd checked my registration form and knew I was enrolled in his party. Then he put a hand on my shoulder and said he expected a lot from me.

I probably could've had charges brought against him, but instead I immediately walked – more like ran – down

the hall to the town clerk's office and dropped my party affiliation. I've been an unaffiliated voter pretty much ever since. I registered with one party in 1980 to vote in a presidential primary, and with the other party a few years ago to vote in a local primary, but went back to unaffiliated both times. It suits me, both personally and professionally.

This year's campaigns are simply baffling, although they certainly make for good TV. It's almost like watching "Survivor" and waiting to see who will be the last one standing, bloodied and battered, but clinging to the big prize.

By the time you read this, Connecticut will have had its presidential primaries and the final candidate for both parties may have been decided. Either way, we'll be in for six more months of campaign coverage. We can hope that the final contest is marked by civility with a focus on the issues, rather than the personalities. The talk shows will be far less exciting, but the country will be much better off. – *Nancy Thompson*

glastonbury LIFE

540 Hopmeadow Street, Simsbury, CT 06070
860-651-4700

Read our publication online at
TurleyCT.com

KEITH TURLEY, Publisher

EDITORIAL

Abigail Albair, Executive Editor
aalbair@turleyct.com
Nancy Thompson, Editor
Alison Jalbert, Assistant Editor

STAFF WRITERS

Alicia B. Smith, **Allie Rivera**, **Mara Dresner**,
Sloan Brewster, **Ted Glanzer**,
David Heuschkel

ADVERTISING SALES

Melissa Friedman, Advertising Director
melissa@turleyct.com, 860-978-1345
Matt Winkler
matt@turleyct.com

PAGE DESIGNERS

Daniel Kornegay, **Cynthia Martel**,
Robert Sirois

GRAPHICS DEPARTMENT

Barbara Ouellette, Production Manager
ads@turleyct.com, 860-264-5523
Maureen LaBier, Production Assistant
Corley Fleming, **Cynthia Martel**,
Kathy Kokoszka, **Cindie Cagenello**

CIRCULATION

For circulation issues, please call 860-651-4700

FOLLOW US ON



published by
TurleyCT
COMMUNITY PUBLICATIONS

CLASSIFIEDS

Avon • Canton • Farmington • Glastonbury • Newington • Rocky Hill • Simsbury • West Hartford • Wethersfield

Vacation Rental	Apartment for Rent	Cleaning Services	Services	Services	Tutoring
★★★★★★★★ SPECTACULAR PRIVATE OCEAN BEACH! JUST BRING YOUR TOWELS! Shelter Harbor, RI. 2 BR cottage, AC, beautiful saltwater pond, private beach, Tennis, no pets. Great for trips to Watch Hill, Newport, Mystic. Available Aug. 13-20; Aug. 27-Sept. 3; Sept. 3-10. \$1,200/wk. Call 860-658-4115 ★★★★★★★★	NEWINGTON - In-Law. 1 BR, 2nd FL, Non-smoker, References, Proof of Employment. Heat, HW, C/A, W/D, Cable, Internet included. \$1100. One month's rent deposit. Call 860-324-6314 after 4:30pm. Cleaning Services ADA'S HOUSE CLEANING - Quality personal service. Weekly, biweekly, or monthly. Specializing in help to clean before closing/moving or one time cleaning. In business since 2000. Call 860-521-3823 or 860-944-6541. Lic & insured #1110413. DOROTHY'S CLEANING - Polish lady will clean your house. Experienced and honest. Call Dorothy's Cleaning at 860-402-5416	OFFICE OR HOUSE CLEANER. If you need your office or house cleaned, feel free to give me a call. Free estimates. 860-856-1803. Help Wanted GOOD ATTITUDES REWARDED. MERRY MAIDS NOW HIRING full time or part time. Must be able to work Monday-Friday from 8am-5pm. No nights, holidays or weekends. Must have own car, driver's license and insurance. Please call 860-563-8367 to set up an interview. Services BENEDICT OVER-HEAD DOOR. Is your one stop for all garage door problems. CT HIC #0621772. Call 860-828-2951.	ANDY WOTTON PLUMBING & HEATING, LLC 860-833-8153. We offer honest plumbing at a reasonable price. Estimates are always given before any work is done. From snaking your main drain to water heaters and boilers, faucets and leaky pipes - WE DO IT ALL. Remember with Andy Wotton Plumbing, it's not done until you say it is. Call today 860-833-8153. Licensed and insured P10282605 S1 0402048. BATHROOM RE-FINISHING. Tub and Shower Replacement -economical to custom. Do the job right - replace - don't cover up. Toilets, sinks and vanities as well. Reasonable, licensed and insured. Charles Peterson 860-839-0246.	CHS CARPENTRY. Kitchen & Bathroom full remodeling, windows, doors, decks, porches, cabinets, installation, paint, custom tile installation, drywalls, siding, rooing, floors & trim work. Fully licensed & insured. References available. Reg.#612982 Call 860-803-5535 or email chscarpentry@live.com Z-THE HANDYMAN, LLC HOME IMPROVEMENT. Interior. Exterior. Painting, flooring, decks, power washing, vinyl siding, roofing, etc. Don't pay high prices, Call 860-690-2855. Ask for John. Licensed & Insured. THERAPEUTIC MASSAGE - Sports injury, myofascial trigger point, relaxation. Office: 558 Prospect Ave., West Hartford, CT. Please call 860-944-4637. DAVINO ANTIQUE CLOCKS -Antique Clock Repair - Repair and maintenance service for antique and vintage clocks. House calls available. 860-402-5585 www.davinoclocks.com PROTECT YOUR INTELLECTUAL PROPERTY. Patents, trademarks etc. Call Ted Paulding. No longer representing the big guys. Now helping the little guys become a big guy. 860-474-5181. HOME WATCH SERVICE - THE ALTERNATIVE TO HOUSE SITTING for snowbirds, vacationers, empty homes for sale. Professional & Insured. www.mindyourmanorct.com 860-805-6226	PIANO TUNING AND REPAIRS by Hartt School of Music trained tuner. Piano cleaning and climate control also available. Contact Ted Williams 860-228-0309. NEED HELP WITH YOUR RESUME? I'm a Career Coach with 25+ years HR experience to help you tell your story in the most professional and productive way. Call 860-573-5263. WE BUY USED BOOKS. Price varies by book, most around \$1.00. Top dollar paid for newer college textbooks. Visit us at donateorsellbookscct.com or call 860-940-8713 Gamblers Anonymous Gamblers Anonymous can help you. Take back your life. Phone: 855-2-CALL-GA 855-222-5542 to speak with someone. Gamblers Anonymous is a non-profit fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. www.gamblersanonymous.org.

Classified Ads:
\$40 for up to 20 words, 30¢ each additional word

Classified Ads run monthly in all 6 of our local publications. If ordering by mail, please make checks out to TurleyCT or provide your Credit Card information. PAYMENT MUST BE RECEIVED BY DEADLINE OR YOUR AD WILL NOT RUN. We accept Mastercard, Visa and American Express. Make checks payable to TurleyCT.

3 WAYS TO PLACE A CLASSIFIED AD!
Call: 860-264-5656
Email: mlabier@turleyct.com
Mail: TurleyCT
Attn: LIFE Classifieds
PO Box 497
Simsbury, CT 06070

Name (PRINT)	AD TEXT
Company:	
Address:	
Phone:	
Check or Card #	
Exp Date	Security Code
No. of Months to run:	



BY MARK DIXON
WFSB METEOROLOGIST [AMS]



Celebrate May...

The 5th month of the year is one featuring lots of events. Here's a look at historical weather related statistics for some of them...

Cinco de Mayo – average low: 45, high: 68; record low: 30 (2005), high: 93 (1949).

Mother's Day, the 8th this year – average low: 45, high: 69;

record low: 31 (1968), high: 92 (2000). Just a day later, the 9th, marks the latest recorded snow of 1.3" at Windsor Locks, where the official records are kept.

Memorial Day, falling on the 30th – average low: 52, high: 75; record low: 37 (1961), high: 93 (1987).

The hottest temperature recorded in this month was

99 degrees, that happened twice (on the 20th in 1996 and then again on the 26th in 2010).

Averages are calculated over a 3 decade timespan, 1981-2010. Records have been kept for the Greater Hartford Area for over 110 years, dating back to 1905.

Some notable astronomical events happening this month...

On the 21st, the Full Flower

Moon – marking fertility with the warmer temperatures, named for the abundance of flowers coming into full bloom. Concerned about when to plant? The average last frost happens early in the month, so plan for around the 2nd week or later.

Then on the 23rd, Mars will be its brightest in over a decade. **GL**

TurleyCT Community Publications
Life Publications The Valley Press The West Hartford Press
To advertise call 860-651-4700 • **TurleyCT.com**

2015 William Raveis Real Estate Company Awards

Margaret Wilcox & Associates

#3 Company-Wide Closed Units

#6 Company-Wide Sales Volume

#1 Exceptional Properties – Glastonbury

Chairman's Elite Club



MARGARET
860-916-3517

51 LIBERTY DRIVE Glastonbury \$824,900 Custom, Catarino built, brick home in popular neighborhood! Open floor plan, granite/cherry kitchen. 5 beds; 5.1 baths; 4674 sq. ft.	186 FELDSPAR RIDGE Glastonbury \$774,900 Kitchen features granite, stainless steel & beautiful stone; overlooks grand backyard, a true chef's kitchen. 4 beds; 3.1 baths; 3841 sq. ft.	1328 DIAMOND LAKE ROAD Glastonbury \$425,000 Open floor plan Cape-style home. Hardwood throughout; custom kitchen cabinetry; first floor master suite. 3 beds; 2 baths; 2134 sq. ft.	301 TOLL GATE ROAD South Glastonbury \$299,900 Ranch home with updated kitchen featuring honed granite counters (looks like soapstone). 3 beds; 3 baths; 1917 sq. ft.	162 RIDGE ROAD Glastonbury \$650,000 Hartford skyline views just the beginning! Large kitchen, 1 st floor bed/office, 2 nd floor Master suite. 5 beds; 5 baths; 4795 sq. ft.
55 MARLBOROUGH ROAD Glastonbury \$489,900 Spacious well-maintained contemporary, with four floors of living space including the finished lower level. 4 beds; 3.1 baths; 3054 sq. ft.	113 MIDDLE HADDAM ROAD Portland \$649,900 Home in park-like setting of 34 acres, first-floor master suite includes a dressing room, his & her baths. 5 beds; 6 baths; 4412 sq. ft.	35 SENTINAL WOODS DRIVE Hebron \$389,900 Custom Colonial with loads of flexibility! Second floor boasts 2 master suites; 1 st fl 4th bed or office. 3 beds; 3 baths; 3759 sq. ft.	585 GOODALE HILL ROAD Glastonbury \$395,000 Contemporary home featuring open floor plan, indoor heated pool & a full walk out basement. 3 beds; 3 baths; 2566 sq. ft.	39 ARROWHEAD DRIVE Glastonbury \$279,900 Charming cape tucked away on a quiet cul-de-sac off Main Street. Hardwood floors, formal dining room. 3 beds; 2 baths; 1462 sq. ft.
6 PENNY LANE Manchester \$599,900 Kitchen boasts cherry cabinets & granite counter tops. First floor master bedroom suite & home office. 4 beds; 3.1 baths; 3405 sq. ft.	82 GRANITE ROAD Glastonbury \$289,900 Cute ranch style home with full, partially finished basement, located in popular neighborhood. 3 beds; 2 baths; 1420 sq. ft.	320 KINNE ROAD Glastonbury \$750,000 Expansive Elkins model home in very popular neighborhood of Toll homes. 2 nd floor master suite. 5 beds; 5.1 baths; 5229 sq. ft.	113 COLTON ROAD Glastonbury \$818,800 Improved Price! Superior architectural details; built-ins, & more! 1 st floor bedroom w/office & full bath. 5 beds; 5.1 baths; 4273 sq. ft.	286 COLDBROOK ROAD Glastonbury \$559,000 Beautifully maintained home in like new condition in a private country setting. Over 3 Acres!!! 5 best; 3.1 baths; 3492 sq. ft.
90 ADDISON ROAD Glastonbury \$214,900 Classic New England style; 1740 historic home. 1st floor master, spacious kitchen, formal living room. 3 bed; 2 bath; 1546 sq. ft.	36 COPLEY ROAD South Glastonbury \$269,900 Open floorplan, finished basement, hardwood floors, wood burning fireplace. Move in ready! 2 beds; 2.1 baths; 1488 sq. ft.	27 COLTON ROAD Glastonbury \$699,999 Spacious kitchen featuring cherry cabinets, granite island and over-sized pantry for extra storage. 5 beds; 3.1 baths; 4046 sq. ft.	584 BIRCH MOUNTAIN ROAD Glastonbury \$999,900 Exceptional estate property; custom brick home in an orchard; exceptional architectural detail. 4 beds; 6.1 baths; 6191 sq. ft.	18 BRADLEY WAY Glastonbury \$799,500 Expansive gourmet kitchen w/granite counters, double ovens & butler's galley pantry and more! 5 beds; 3.1 baths; 4889 sq. ft.
285 GRANDVIEW Glastonbury \$559,900 Dramatic home built by HOBI award winning Maric Associates, spacious open floor plan. 4 beds; 2.5 baths; 3426 sq. ft.	36 FOUNDERS ROAD Glastonbury \$500,000 House package w/purchase of LOT E-4 FOUNDERS RD & contract w/builder for house plan. LOT E-4 w/o house package also avail.	LOT 25 MENLO PLACE Glastonbury \$529,900 Stainless, granite, hardwood floors, tile baths & laundry. Bonus room on 2nd floor. 55+ community! 3 beds; 2.1 baths; 1944 sq. ft.	ADENA'S WALK DEVELOPMENT Glastonbury \$446,000 #18 Tarragon Model with the most contemporary feel of all our models. 3 beds; 2.1 baths; 2266 sq. ft. Additional Units available. 55+.	GLASTONBURY LOTS & LAND S 3 Ash Swamp Rd., 36.2 acres \$649,999 121 Chamberlain Ln., 2.53 acres \$299,900 125 Chamberlain Ln., 2.56 acres \$239,000 Lot E-4 Founders Rd. also with building plan: 36 Founders Rd. \$125,000

Homes at Pine Ridge – New Construction – Starting at \$629,000

97 JONATHAN TRAIL Glastonbury \$729,900 Come see the quality construction at the Homes at Pine Ridge. 97 Jonathan Trail [Model] ready for immediate sale. 5 beds; 4 baths; 3460 sq. ft.	32 JONATHAN TRAIL Glastonbury \$709,900 Homes at Pine Ridge New Construction. 32 Jonathan Trail is available as a quick delivery home. 4 beds; 3.1 baths; 3435 sq. ft.	59 KONGSCUT VALLEY TRAIL Glastonbury \$629,900 To Be Built Lot 34. Colonial spacious master suite and first floor office. Looking to customize? No problem! 4 beds; 3.1 baths; 2548 sq. ft.	21 JONATHAN TRAIL Glastonbury \$679,900 To Be Built Lot 24. First floor master suite! Life isn't an upgrade here at the Homes at Pine Ridge! 4 beds; 2.1 baths, 2806 sq. ft.	142 KONGSCUT VALLEY TRAIL Glastonbury \$665,000 Build your dream home with confidence, many plans to choose from! Show model - 97 Jonathan Trail. 4 beds; 2.1 baths; 3080 sq. ft.
---	--	---	--	---

WILLIAM RAVEIS

— REAL ESTATE • MORTGAGE • INSURANCE —

The Largest Family-Owned Real Estate Company in the Northeast

A PRODUCT OF
TurleyCT Community Publications
TurleyCT.com | May 2016

Living **spaces**



LIVING Spaces

Room to spare

Consider the possibilities if you have an extra room

by Sloan Brewster
Staff Writer

Extra rooms in a home can be transformed into special spaces. Thomas Mach, owner of In the House and Through the Garden in Simsbury, said he thought converting an empty bedroom into a craft room was a great idea.

"I know many people are doing that," he said.

A crafty space

Having done the same thing with a couple rooms in the store, Mach had some thoughts on how to perfect the space for its new use.

"Start with a paint job so it has a very different look," he said.

Big on environmental matters, Mach suggests going with an eco-friendly paint with a lot of pigment to add an exciting burst of color to the walls.

"Paints with a lot of pigment can give you depth of color," he said. "This is an opportunity to have fun in the room so you can have a splash of color."

Once the room has a fresh coat, the next step is adding storage, because, Mach said, whatever the craft project is, there needs to be plenty of storage.

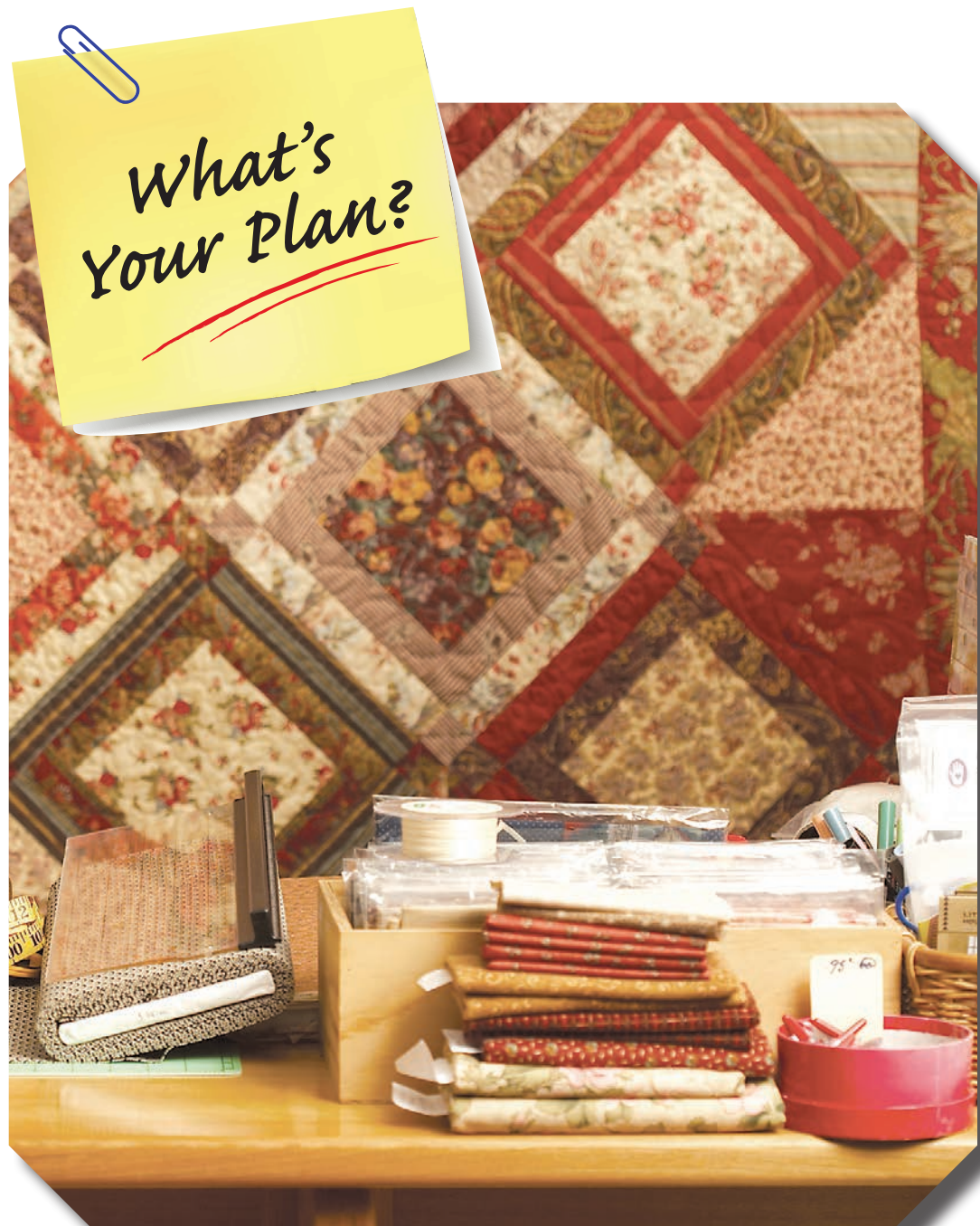
A common way to achieve that is by using lots of plastic containers, but Mach suggested a more attractive idea, noting it would also be cheaper than buying plastic crates; drop by a thrift store and pick up a vintage sideboard or hutch and

upscale it with a bright splash of paint. Some of his customers have gone to the Habitat for Humanity ReStore in Bloomfield for such pieces.

"You could get an old piece of furniture and

paint it and go a lot cheaper than bins," he said.

Making sure the room has quality lighting is the next important step in transforming the space, Mach said.



ANDY WOTTON PLUMBING & HEATING, LLC (860) 833-8153

Old fashion, honest, reliable service at a reasonable price. All residential plumbing, repairs done from leaky faucets to oil/gas heat conversions.

Call today and we will show you quality still makes a difference!



47th ANNIVERSARY Family Operated

EXTERIOR PAINTING "With Attention to Detail" Custom Interior Painting

- Since 1973, Over 2200 Aluminum Sided Homes Repainted
- Power Washing
- Historic Restorations
- Preparation Specialist - "No Payment Until Completion"
- Paint/Stain/Full Carpentry

Call Jim Charter 860-646-7668



www.charterpainting.com
Insured CT Licensed
#HIC.0619547 CIT3-7-13

MULCH, TOPSOIL, & ORGANIC COMPOST

grow
something
special



We Deliver!

www.harvestpower.com
860.674.8855

LIVING Spaces

Then get a nice table to sit down and get to work.

"What's trendy? Old farm tables have become very popular," he said, adding that it's time for more paint. "So, again, you're repurposing."

Repurposing antiques is not only trendy, but easy, he said.

"Nothing harder than pick a color and paint, no sanding no prepping," Mach said. "You just pick a color and paint."

Finally, add a finishing touch to make sure the room breathes inspiration, Mach said. He suggests putting up a bulletin board and affixing to it pictures or fabric swatches or whatever speaks to the crafts to be done in the room.

"Put stuff in that room that inspires you, to always give you ideas for other projects, almost like an idea board or an inspiration board."

Don't forget the important apps. Mach pointed out that Pinterest, Houzz and Instagram were critical to getting going.

"That will always give you fresh ideas and inspiration, plus you can share all your crafts with other people," he said.

With that, the room is ready for

creating crafts.

"You've got lighting, you've got the inspiration, you've got the surface, storage," Mach said. "And now you just need some free time to finish what you do."

A fitness space

Since 1998, Frank Bentkowski, director of sales at Ultimate Fitness in Avon, has turned spare rooms into workout rooms.

"The first thing is to look at who in the household will be using the gym [and] what kinds of activities they enjoy doing," he said.

An important step before bringing in equipment is installing the right kind of flooring for working out. Bentkowski recommends interlocking rubber tiles.

Then look at the logistics of the room and decide if you want a sound system, a television or both.

"You always want to look at cardio," Bentkowski said of choosing equipment.

The cardio equipment is going to depend on a few different things. First, there's preference. Is the room for someone who likes to walk, bike, run or who does all the above?



S.K. LAVERY

APPLIANCE COMPANY



Glastonbury's
most complete
appliance
center!

We will match any competitor's price!

Let S.K. Lavery Appliance Company provide you with the professional service you expect and deserve, as we've been providing for over 86 yrs.

GLASTONBURY • 97 New London Tpke.
860.633.1065

WEST HARTFORD • 1003 Farmington Ave.
860.523.5271

NORTH HAVEN • 370 Sackett Point Road
203.288.7727

Visit us on the web at www.sklaveryappliance.com

Spring Sale

NEW ENGLAND PATIO & HEARTH

There's A Style To Living

974 Silas Deane Highway • Wethersfield (860) 563-1000
65 Albany Turnpike (Rt. 44) • Canton (860) 693-0436
www.newenglandpatioandhearth.com

Outdoor Furniture • Wicker • Fireplace Furnishings

LIVING Spaces

What is their skill set and do they need something that is easy on their ankles, or will help them with balance?

"You can have the exact replica of the experience in the gym," but that equipment will be costly, Bentkowski said.

Once the desired elliptical, stationary bike or treadmill has been chosen, it's time to consider strengthening equipment.

"For strength, you have to look at how skilled the individual is," he said.

There are different pieces of equipment from multi-stations that enable a person to work on every body part to more specialized units.

"To accompany that, I think it would be great to have a set of dumbbells," Bentkowski said.

Set them on a four-foot rack and get an adjustable bench to use them. Some people like a pull-up station as well, but they're not for everybody.

Finally, there needs to be an area for doing core work with a tri-fold mat or a yoga mat, and possibly some kettle balls.

A fun place for escape

Linda Black of Linda P. Black Interiors in West Hartford thought the best use for a spare room would be an adult game room – "an oasis," as she dubbed the room, a space to escape to at the end of a long day.

For resale purposes, Black said she felt it was important not to change the room's structure or anchor anything to the walls.

The room should be painted in soothing colors and be a luxurious, plush spot in which to relax and "veg

out," Black said.

For her, there would be no phone in the room. While there may be a television, it would be hooked up to the laptop, so folks can get away from watching cable and watch shows online.

"Turn the phone off; just try to get to another space," she said. "Try to get away from the rest of the family, maybe try to get away from work."

She envisioned the space would be for a couple, like her own son and daughter-in-law, and would have two

huge, oversized chairs.

"My son and his wife, they go home and play games," she said.

There would be a large chest between the chairs where the duo could each have a drink and where they would set their laptops. Both laptops would be connected to the TV so the couple could play games together.

While Black likes a contemporary look, she said she also likes a mix of styles and that the room can even be goofy.

It might also have magazines,

newspapers and crossword puzzles on the chest or on the credenza where the television sits. There may also be books on shelves on either side of the credenza.

Stressing the importance of lighting, she said, "I like to have a multitude of different lighting in that room."

Ideas include recessed lighting and a lamp attached to the wall with a swing arm.

Hang an oversized picture of a beach or a favorite vacation spot, or someplace cheery or memorable, she said.

"It's nice to have, for instance, a little piece of where you've gone before," Black said. "Anything that cheers, ... brings another frame of mind. ... Some people like maps on the wall to figure where you're going next."

Books in the room can include travel books, and there may be items for folks to enjoy hobbies while they watch television, such as yarn and needles for knitting.

"I'm just thinking about a room where people can think of things other than work," Black said "You're trying to grab snippets of time to be with your loved ones." **GL**



Correction

In the Living Spaces section that ran in the April issue, the story "Staging to stay" incorrectly identified renovation photos for a bathroom. The images were the work of Tamatha Wolfel of Infinite Home Design in Wethersfield. The paper regrets the error.

Power when you need it.
STREAMLINELECTRIC LLC.

KOHLER
 Generators
 SALES AND SERVICE

860.467.6466
 www.thepowerisout.com

Lic. # E1-192668

KITCHEN CABINETS Direct to the Public

buy from us and save big!

• Sales • Design • Installation • Do-it-yourself

Ask about our great contractor discounts

Variety of colors and styles
 Quality Workmanship
 Granite Counter tops & Vanities

Call For a Free Consultation:
Northeast Cabinet Sales
(860) 994-3188



LIVING Spaces

Cooking up kitchen makeovers

See what you can do with \$500 and a weekend

by Lynn Woike
Staff Writer

Whether your home is large or small, the kitchen is bound to be the busiest room in the house and will generally show the signs of use more quickly.

We turned to Peter Lemos of DreamMaker Bath and Kitchen in Newington for some suggestions on how to spruce it up – all for less than \$500, a few basic skills and a weekend or less of your time.

“The trick is to take your time and avoid using creative shortcuts to finish quickly,” he said.

Cabinets typically take up the most space in a kitchen, and their finish becomes worn over time.

“A good paint job can add years of life to them,” Lemos said, adding, “Invest in good paint ... either oil-based or latex paint. Latex is easier to apply and clean up, but many argue that oil will give you a sturdier finish and is worth the extra effort. Choose an eggshell or semi-gloss finish. Flat paint will look too dull and high gloss paint will emphasize any imperfections.

He recommends removing the doors and drawer fronts, cleaning all surfaces with a strong cleaner such as TSP, lightly sanding every surface to be painted, then using a tack cloth to remove any dust.

Whether you paint the cabinets or not, new

pulls are a quick and inexpensive upgrade.

Knobs are easiest to replace since there is only one hole; replacing handles requires a bit more effort.

Noting that most kitchens are poorly lit, Lemos said, “You can add loads of style and function for very little investment with a few strategically placed lights to illuminate work areas or dining spaces, or to just add to the general brightness of the kitchen. A new set of track lights, pendant lights or undercabinet lights can be a huge but simple addition to any kitchen.”

Choose fixtures that match your décor, he said, noting that an ornate traditional chandelier over a sleek, contemporary island will not look right. Pay special attention to high-use areas like countertops or islands; bright, directed lighting in these locations can minimize accidents.

LED light bulbs use 95 percent less electricity than do incandescent bulbs. While they cost more upfront, they last longer and emit far less heat than other bulbs.

Another way to update the kitchen is to install a new tile backsplash.

“For a few dollars per square foot and an afternoon of work, you can turn that dull space between your counters and upper cabinets into a virtuosic display of artistry,” Lemos said.



“Gorgeous tiles in every color and texture imaginable are easily available and can be installed by most amateurs. You can find a good selection along with materials like adhesive and grout at your local home center. You will need to buy both field tiles and border tiles.”

Lemos advises ordering at least 20 percent more than the square footage being covered to allow for fitting and waste. For a professional look, rent a wet saw to cut the tiles.

If you invest in these projects, “the payoff in style, function and economy will be priceless,” Lemos said. **GL**



Factory Direct

Ready Made Valances ~ Bedding ~ Pillows ~ Trim
Accessories ~ Custom Drapery ~ Fabrics ~ Furniture
In Home Consultations



860.951.8110 www.rlfhome.com
30 Bartholomew Avenue ~ Hartford
Mon. - Fri. 9:30 - 5:00 ~ Sat. 9:30 - 3:00

TurleyCT Community Publications

Life Publications The Valley Press The West Hartford Press
To advertise call 860-651-4700 • TurleyCT.com

Get Ready for **S P R I N G**

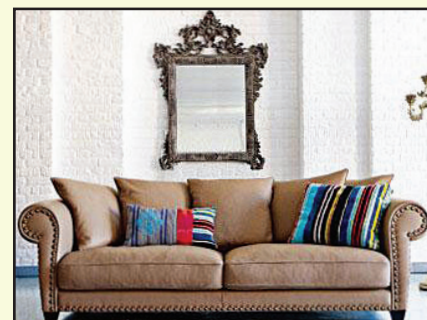
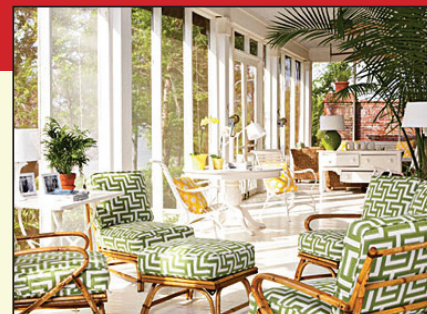
Get Your Deck Ready with
NEW Patio Cushions!

Rejuvenate
your valuable, old, comfortable sofa!

Custom Upholstery • Slipcovers & Draperies • Kirsh Drapery Hardware
Hunter Douglas Window Products • Paris Texas Designer Hardware
Complete Line of Designer Trims



We offer a FREE complete
design consultation



976 SILAS DEANE HIGHWAY | WETHERSFIELD | 860-529-7571

Servicing the community for more than half a century!

Join our family of thousands of satisfied customers!

Advice, thoughts and help for do-it-yourselfers

Businesses offer classes and blogs for great design at home

by Alicia B. Smith
Staff Writer

Local experts share their decorating know-how through blogs and hands-on workshops. Here is what a few had to say as to how they inspire those wanting to try their hand at decorating themselves.

Vivid Hue Home

Walking into Vivid Hue Home is like walking into a kaleidoscope of color, an abundance of decorative home goods in blues, pinks, greens and yellows.

At one time there was no brick and mortar place to shop, or actual store to shop in, rather, owner Heather Grahling sat at her computer writing a blog about decorating trends.

"Over time, readers expressed interest in the projects I was doing in my own home, so many of my posts became more personal," Grahling said. "I love pushing the boundaries with colors and patterns, and I think that my followers love to see how far I will go."

Some of those design ideas include wallpapering ceilings in her own home.

"I have always been passionate about decorating, and the blog was a terrific outlet in which to become a part of that world," Grahling said.



Precision Tree Care Done Right!



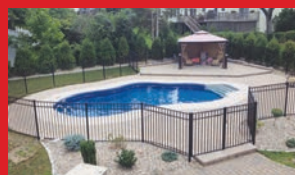
24 Hr Emergency Service Available

Licensed and Insured
Call for a Free Estimate
OSHA Trained Staff
Licensed Arborists Lic. # B3261
860-831-1377



American
LANDSCAPING LLC
& TREE SERVICE

Tree Removal
Pruning
Arborist Inspection
Stump Grinding
Lot Clearing
Landscaping



WALKWAYS • WALLS • PATIOS • PAVERS • POOLSCAPES

DELIVERY OF MULCH, STONE & TOP SOIL

Landscape Design • Lawn Maintenance • Pruning • Stump Grinding
Brush Chipping for Trees • Bobcat & Excavator Services
Grading of Lawn Areas for Sod and Seed • Debris Hauling
Installation & Removal of Plants, Shrubs & Trees • Hedge & Shrub Trimming

Griffin
LANDSCAPING, INC.

Check out our updated photos

860.257.3146

GRIFFINLANDSCAPING.COM



LIVING Spaces



In 2015, Grahling opened her shop in Farmington, bringing her ideas and the trends she wrote about out of the blogosphere and into living rooms.

Grahling did not give up her blog, however, as it continues to be a part of her shop's website.

"With the brick and mortar shop now open, I often use the blog as a way to convey the fun items that we are currently carrying in the shop," she

said, adding that she also continues to write about do-it-yourself projects, showcasing local artists and designers and anything else that she feels

"will be interesting to my readers and customers."

Through her blog, Grahling recently shared a personal story about her daughter's health and about her trip to the New York Now 2016 show, a post that included plenty of photos.

It is not just her blog that interests about 15,000 would-be decorators, but she has 11,000 followers on Facebook and 5,500 on Instagram.

"I utilize all aspects of social media to reach my readers," she said. "For example, even though I don't have an ecommerce website, I post most of the products from my shop on Instagram and Facebook. It gives my followers an idea of what we currently have, and I have even started shipping to all over the U.S. just based upon what viewers want from my Instagram feed."

Additionally, readers of her blog have asked her questions, and she has come to realize how deep this interaction can be for her followers.

"The blog makes a personal connection with the followers," Grahling said.

Vivid Hue Home is located at 775 Farmington Ave., or find the shop and Grahling's blog at vividhuehome.com. Follow her on Instagram, Facebook, Twitter and Pinterest.

In The House & Through The Garden

There is no reason to feel intimidated when taking a class at Simsbury's In The House & Through The Garden. They offer several classes and will walk a hopeful do-it-yourselfer through each and every step.

Thomas Mach opened his shop in the summer of 2015, and, right away, customers were intrigued with the Annie Sloan chalk painted items he had for sale. So much so that he stocks this special project paint and offers classes weekly.

The most popular class is "Annie Sloan 101" in which Mach said, "You learn all of Annie's different painting techniques and how to do modern or the



LANDSEN CONSTRUCTION CORP

Residential – Design/Build



2015 HOBI Award Winner presented by Home Builders & Remodelers Association of CT, Inc.



"Best Vacation Home (in-state)"

Visit our Website
www.landsenconst.com
Mark Stidsen - Builder
Judith Landers - Decorator

626 Oakwood Drive, Glastonbury, CT
Tele: 860-633-6722
Fax: 860-633-7322
landsen@landsenconst.com
License #0624146, 0901155

This is a great time to start thinking of Spring/Summer projects. Whatever your ideas are, we can make them a reality and work within your budget. Become one of our award winning projects.



**VISIT OUR NEW SHOWROOM WITH
THE LATEST STYLES, COLORS & PRODUCTS
FOR YOUR KITCHEN AND BATH.**

CHRISTINO
KITCHENS & REMODELING

A trusted, creative, and experienced design/build team

730 Hebron Ave., Glastonbury • 860-430-2661 • www.christinokitchens.com

LIVING Spaces

rusty, chippy looks, two-color distressing," he said. The class also allows participants to learn how to mix colors.

"It's really the fundamental class, it's really hands-on," Mach said.

Participants paint their own board in order to get a feel for the paint and the finish they like. There is also an assortment of beer, wine, coffee, tea and appetizers to enjoy.

For those who do not already know, Annie Sloan is a British artist who developed her own paint specifically for refinishing furniture. The product is nontoxic, odorless and dries very quickly. The artist calls it chalk paint, even though there is no chalk in the product, but it does have a velvety finish. The paint is great for newbies because it does not require preparing a piece of furniture ahead of time and there is no priming or stripping necessary.

"It's not normal paint," Mach said. "It's not at all what you are used to using."

For those looking to move beyond the fundamentals, the shop's offerings continue with "I'm Having a Bad Chair Day," for those interested in painting fabric, which the Annie Sloan paint can also be used. There are also workshops for mirrors or picture frames for those who want to update something they already own.

Mach said, too, that he also does what he refers to as "Girls Night Out Evenings," in which a group of friends will come in to learn, sometimes for a bachelorette party or just to have fun with friends.

Other classes are for specific furniture refinishing projects, such as when participants bring in a coffee table or side table they own or

found in a second hand shop and want to update.

"It's all about the workshops," Mach said.

The shop has 17 such events planned between April and June. Look for more information on its website www.inthehouseand-throughthegarden.com or visit it at 10 Jim Gallagher Way, Simsbury.

Cindarella's Attic

Cinda Fiamma of Cindarella's Attic in Wethersfield has been refinishing furniture for more than 30 years.

"I love it, it relaxes you so much," she said.

That might be easy for her to say since she has decades of experience, but Fiamma assures those who have never tried it that they can also find success.

She has been offering refinishing classes for three years at her shop at 59 Wells Road.

"When you leave my classes, you will know the four basic steps and a technique," she said.

The steps include cleaning the piece of furniture to be refinished, painting it with one or two coats with a chalk mineral-based paint, smoothing it down, and the final step, putting on a topcoat to seal it.

Her basic class starts off small. Fiamma gets kitchen cabinet doors from a company in Minnesota that typically have a small flaw in them so the company will not sell them. She uses the doors to teach her refinishing techniques, and participants leave with a freshly painted tray that they did.

Her other classes are the kind in which participants bring in their own piece of furniture, a class she typically restricts to two people.



This enables them to work on the piece, leave for lunch to give the paint time to cure, and come back to finish it later in the day.

"They just love it," Fiamma said, sharing the story about one customer who came in never having painted anything in her life, and she liked it so much she went home and refinished her entire bedroom set.

Fiamma said that for those who feel they might not have the artistic flair to try this, they, too, will like the finished piece. She will be there to walk them through each step.

For one thing, if it does not come out well, the American Paint Company paint she uses wipes off very easily.

"It's just a thing," she said. "You can't make a mistake."

These days, more clients are preferring to finish their piece with a distressed look, although she can teach them how to make a piece look modern or rustic or any number of other styles.

She also offers the Chippy Class, a technique that when done allows you to see layers of paint.

"Whatever they want to know, I have so many tricks I can show people," Fiamma said.

Cindarella's Attic is located at 59 Wells Road, Wethersfield. For more information visit cinda-rellasattic.com or call 860-563-0351. **GL**



**Spring Door
Baskets & Wreaths**
Vibrant & Colorful Flowers

**Don't Forget
Mother's Day**

New Spring Clothing
& Accessories & so much more!

Emmy Lou's Ltd.
17 Hebron Ave. Glastonbury, CT.
Open Daily 860-633-9565

Everything for Your Home



Seamless Gutters & Gutter Protection Systems

Vinyl Siding

Trim Fabrications

Roofing

Windows & Doors

Deck & Railing Systems

Landscaping & Grounds Maintenance

Kitchen & Bathroom Renovations including Granite Countertops

Licensed: CT - HIC: 0510051 • CT-CAM: 0000680 • Fully Bonded & Insured • In-House Employees

Complete Residential & Commercial Property Management

Free Estimates, No Pressure

MAGEE COMPANIES
Remodeling Contractors
Property Managers
Professionalism Since 1972

WINNER!
BEST OF
Hartford
MAGAZINE

2010
2011
2012
2013
2015
2016



860-953-2200
7 CODY STREET • WEST HARTFORD, CT

MageeCompanies.com

Where to FIND IT



Take it on the road

Now that spring's here and you're ready for long bike rides, perhaps it's time for a new bike rack for your adventures. Whether you're looking for a hitch rack or a trunk-mounted style, you'll find racks for two to five bikes from top names such as Thule, Saris, Hollywood and Yakima. Prices start at \$79.99 at Bicycles East, 331 New London Turnpike, 860-659-0114, bicycleseast.com.



Button bonanza

Buttons can make an outfit! Whether you're making your own clothes and desire a unique accent, or want to change out the buttons of a favorite garment to give it new life, you'll have fun poking through hundreds of buttons for children and adults. Try using different buttons on the same sweater or jacket for a designer look! You'll find buttons galore at Village Wool, 2279 Main Street, 860-633-0898, villagewoolyarnshop.com.

Reupholstery • Slipcovers • Fabric • Furniture • Custom Window Treatments • Wallpaper • Flooring

SPRING SALE

**REUPHOLSTER
a SOFA or 2
CHAIRS
for
\$529***

*Plus the cost of
our fabric

10% OFF ALL FABRICS
*Previous orders do not apply. Must present coupon at time of order.

Old Lyme 860-434-4242 **Hartford** 860-244-3475 **Toll Free** 877-688-3475

Family owned & operated showroom & workroom since 1929
**EHRlich DECORATING
& UPHOLSTERY LLC**
*Previous orders do not apply. Only applies with purchase of our fabric.
Showroom & Workroom 3324 Main Street, Hartford, CT
www.ehrlichdecorating.com

Not Affiliated With Ehrlich Interiors in Farmington

Reupholstery • Slipcovers • Fabric • Furniture • Custom Window Treatments • Wallpaper • Flooring



**Start Your 2016 Season
with a Landscape Leader in
the Community since 1979**

**We are now quoting:
Weekly Mowing
Design & Installation
Patios, Walks, Walls • Mulch
Weekly & Monthly Maintenance**

Big enough to be professional, small enough to be personal
General Landscaping, LLC
860-659-5757 www.generallandscaping.com
Member of BBB • CT Lic # 555660



How families can manage CRAMPED quarters

Young parents face difficult decisions regarding their living arrangements. The suburbs versus city debate is one many young married couples have had, and that discussion is often prompted by the arrival of children.

Even when choosing to live in the suburbs, starter homes for young couples and families may still leave space at a premium.

Choosing where to live is impacted by many factors, including commute time for working parents and school systems.

Sometimes, however, that means choosing a smaller home to start with and coping with

cramped quarters. In these cases, parents need to get creative in order to live comfortably.

- **Actively police clutter.** Few things can make living spaces seem more cramped than clutter. Unsolicited mailings, old magazines and unused kitchenware are just a few of the items that can make small apartments seem even smaller. Discard junk mail the moment you walk through the door, making a daily effort to keep kitchen counters and tables, coffee tables and other areas that tend to accumulate clutter clear of clutter. Reducing clutter also makes homes safer for young children, making it easier for them to navigate a home



LIVING Spaces

while reducing choking hazards.

- Keep hosting duties to a minimum. Many men and women love to host friends and family, and that desire to host won't subside simply because you have limited space for entertaining. But even if you love to host, host more intimate gatherings so you are not forced to use your already limited storage space to store items, such as extra plates, utensils and drinking glasses, that you will only use every so often. Fewer guests means fewer items you need to store year-round.

- Go easy on the tots' toys. Parents of young children know that kids' toys take up a lot of space, and that's space that many city dwellers simply don't have. Rather than adding to youngsters' toy stash each month, explain to them that space is limited and that some older toys will

have to go before new ones can be purchased. Donate old toys and let kids know their items will be given to less fortunate youngsters, as that may make kids feel better about parting ways with their toys. Set a good example by showing kids when you discard or donate older items before replacing them with new ones.

- Think vertically. Single-family home owners may not need to make much use of the vertical space in their homes, but such is not often the case with apartment dwellers or those living in condominiums or town homes. Utilizing vertical space in can be as simple as buying some shelving units or bookcases. To be safe, keep items the kids will use on lower shelves so they are not tempted to do some climbing to reach their toys or books. **GL**



Live Beautifully!



NEW★ENGLAND
Kitchen & Bath

Visit our showroom at:

46 Kreiger Ln.
Glastonbury, CT 06033
860-633-6134
www.ne-kb.com



LIVING Spaces



Out of Sight

How and where to get rid of what you no longer want or need

by Lynn Woike
Editor

Once spring cleaning is done, there will be a collection of items that are no longer wanted. Three things can be done with them: toss, sell or donate.

Items that are broken, stained or worn out should be thrown away. Be sure to check which items can be recycled and which ones will need a bulky waste pickup.

Some items will be good enough to sell.

Ralph Labozzo, appraiser and auctioneer at Golden Gavel, said the business services customers who want a few items appraised and those who want the entire contents of a house dealt with and the premises swept clean.

Right now, he said, vintage comic books from the late 1950s and early 1960s are hot sellers – those with a cover price of 10¢, 12¢ or 15¢. Super heroes from the Golden Age (think Superman) to the Silver Age

(think Batman) are all in demand.

In addition to comic books, Labozzo said musical instruments are selling well (think guitars and vintage saxophones). The same is true for Halloween and other holiday-themed ephemera from the early 1900s, and both vintage and contemporary game room items such as pinball and arcade games.

First edition leather bound limited edition books, especially if signed, along with coffee table books

on the arts sell at auction.

There is no fee or obligation to have someone from the auction house come out and assess the items. Pick up would be scheduled for another time.

Items can also be sold online. Craigslist is especially good for large items that are difficult to pack and ship. It also saves you the service fee charged by eBay and Amazon.

Many clothing, accessories, jewelry and decorative items can be

Grow with us... Plant with us...



Awesome Annuals!



Spring Veggies!



Perennials!



Spring Color!

Learn with us...

Check our website for details on our Thursday Evening in the Garden series!



168 Woodland St • Manchester

Just follow Rte. 83 to Woodland Street

860-643-8474

OPEN 7 DAYS A WEEK YEAR-ROUND

WoodlandGardensCT.com • facebook.com/woodlandgardens

PLAY, RELAX

or even better, just do both!

BILLIARDS • GAMEROOM FURNITURE • BARSTOOLS



DYNASTY FIRE PIT



SOL NAPA SOFA



VERANDA DYNASTY

Come see our extensive selection of Outdoor Furniture!



NORTH WINDHAM
107 BOSTON POST RD
NORTH WINDHAM, CT
PHONE: 860.456.4231

ROCKY HILL
1904 SILAS DEANE HIGHWAY
ROCKY HILL, CT
PHONE: 860.257.8332

TMAMUSEMENTS.COM

Find us on facebook

d641226

LIVING Spaces

taken to a consignment shop provided they are in excellent condition. Items are priced with consideration given to condition, quality, brand, age, original purchase price, style and buyer demand. Consigners generally get between 40 percent and 55 percent of the sale price. A store's website will provide lists of items accepted – and those that are not – along with terms and conditions.

Some consignment shops deal specifically with furniture and other home accessories.

Sheri Jackson, longtime owner of Gillette Furniture Consignment in Wethersfield, said, "We love when people spring clean because we are often times the right fit for their lovely furniture and home décor."

Pub tables, sofas and desks are always in demand, along with con-

sole, coffee and end tables, and dining and bedroom sets, she said.

When working with large pieces of furniture, it's a common practice to begin with customers emailing photos of the items they would like to consign.

"We want to see what it is," Jackson said.

Style, condition and quality are all taken into account.

"We like to find the next happy home for their piece," she said.

Holding a tag sale is another way to get rid of just about anything. Try recruiting others in the area to join you – neighborhood sales attract more shoppers.

Most items in good condition can be donated, and most donations will be tax deductible. In addition to well-known organizations such as

Goodwill and Savers, here are some places you can bring items.



Electronics

Your town's transfer station

Every town is required to establish a

convenient location for recycling residential electronics such as computers, printers and televisions. For specifics, contact your town. Information is also listed on the Department of Energy and Environmental Protection's website at ct.gov/deep.

Green Monster

260 Brook Street
West Hartford

860-897-1426
greenmonsterrecycling.com

Just about anything with a cord or that operated on batteries can be brought to this recycling center for free. Hard drives are destroyed and nothing ends up in a landfill. The only items not accepted are washers, dryers, microwaves, vacuums, and appliances with refrigerant such as refrigerators, dehumidifiers, air conditioners and water coolers.

PATIO FURNITURE NEED REPAIR?

Refinish,
Re-Strap,
Re-Sling
Recycle
& Save...



Please send photos for a quote to
chaircareinfo@aol.com



Factory Authorized
www.chaircare.com
1-800-809-4494
80 Kendall Street, New Haven, CT 06512

Servicing **ALL**
Brands Including:

- Brown Jordan
- Knoll
- Tropitone
- Woodard
- Molla
- Winston
- Salterini

Large color selection • Pickup & Delivery



READ **LIFE**
ONLINE
AT **www.TurleyCT.com**

YES! YOU CAN AFFORD COMPOSITE WINDOWS!

Andersen. 
WINDOWS • DOORS

PK Windows LLC
Craftsmanship • Integrity • Value

\$100 OFF
our low prices on Anderson
and Harvey Windows

860-628-1173
www.pkwindows.com
Master Carpenter - 30 Years Experience

H.I.C. #612970

NICOLOCK
paving stones & retaining walls
 paver-shield™

10% OFF
**NICOLOCK Pavers
& Retaining Walls**
In Stock/Full Pallets Only.
Restrictions apply.
Expires 5/31/16

Walkways • Patios • Retaining Walls • Firepits • Decorative Stone • Mulch • Topsoil

CEDAR MOUNTAIN
Stone & Mulch

1943 Berlin Turnpike • WETHERSFIELD
860.563.9200
www.cedarmountainstoneandmulch.com

Like us on Facebook 

One of Greater Hartford's Largest Retail Distributors of Landscape Products

LIVING Spaces



Furniture

A Hand Up Inc.
860-424-2980
ahandupinc.org

This organization based in West Hartford helps people transition from the streets into homes. Items must be new or gently used, modestly sized, basic and practical. Its current wish list includes twin and full bed frames, small sofas and love seats, small armchairs and recliners, dressers, nightstands, bookcases, end and coffee tables, television stands, lamps, kitchen tables and chairs. Pickups can be scheduled. Arrangements must also be made for dropping items off at the warehouse on Talcott Road in West Hartford. For more details, see ahandupinc.org/wish-list/.

Habitat for Humanity ReStore
500 Cottage Grove Road
Bloomfield
860-519-0828
hartfordhabitat.org/restore

This home improvement and donation center sells new and gently used furniture, home accessories and appliances. Pickups can be arranged.



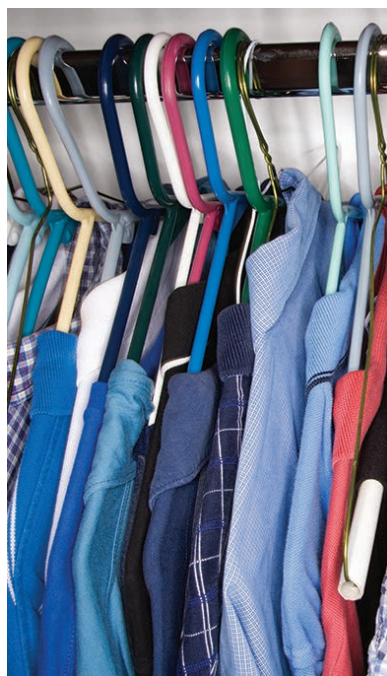
Building materials

The ReCONNstruction Center
731 New Britain Ave.
Newington
860-597-3390
reconnstructioncenter.org

This charitable organization accepts good quality, new, pre-owned, antique, surplus and reusable building materials, lighting fixtures, appliances, kitchen cabinets, plumbing fixtures, doors, paint, wood stoves, commercial shelving, tools, architectural salvage, and replacement and original vinyl windows. Pickups can be arranged at no charge.

Habitat for Humanity ReStore
500 Cottage Grove Road
Bloomfield
860-519-0828
hartfordhabitat.org/restore

This center accepts building materials including cabinets, countertops, electrical hardware, roofing materials, paint, wallcovering, tile, floor coverings, doors, windows, plumbing materials, cinderblocks and bricks. For donation pickups, email photos of items to barbara@hartfordhabitat.org, along with your name, address and phone number.



Clothing

The Clothes Horse
175 Park Road
West Hartford
860-233-1411

This thrift shop operated by the Junior League of Hartford accepts current fashions and accessories for women, men and teens, including outerwear, tuxedos and gowns, and vintage clothing and accessories. Everything must be clean and free of rips, stains and fading.

University of Connecticut Health Center Auxiliary Thrift Shop

270 Park Road
West Hartford
860-586-8047

Run by volunteers, this shop accepts high-quality used clothing and shoes for men and women, jewelry and handbags. Unsold or unwanted clothing is donated to other organizations that assist those in need.

Market Square Thrift Shop
230 Market Square, Rear
Newington
860-667-7174

This shop, benefiting the Church of Christ Congregational, accepts men's, women's and children's clothing, jewelry and accessories.

Favarh Thrift Shop
250 Albany Turnpike
Canton
860-693-2899
favarh.org

The shop accepts men's and women's clothing, shoes and accessories. Donations can also be left at Favarh's main office at 225 Commerce Drive in Canton.

Second Chance Shop
730 Hebron Avenue
Glastonbury
860-633-5188
and
12 Station Street
Simsbury
860-658-7152

Items that can be donated include clothing for infants, children, men and women, along with accessories such as purses, hats, ties, scarves and jewelry. Run by auxiliary volunteers proceeds, from these shops benefit the programs and services of The Village for Families and Children.



Books

Your library's used book sale
On the Road Bookshop

163 Albany Turnpike
Canton
860-693-6029

ontheroadbookshop.com

This store buys books in most subject areas, including art, Eastern and Western philosophy, literature, scholarly books, very old books, leather sets and some recent textbooks. No romance novels, Reader's Digest books or book club editions are accepted. Book-related items such as bookends, bookstands, prints and ephemera are also purchased. If you have too many to bring in, someone will come to you. The owner urges people to call before throwing out anything. Store credit is also offered.



Housewares

The gift shop at your local senior center

The swap shack at your town's transfer station

Favarh Thrift Shop
250 Albany Turnpike
Canton
860-693-2899
favarh.org

The shop accepts housewares and giftware. Donations may also be left at Favarh's main office at 225 Commerce Drive in Canton.

A Hand Up Inc.
860-424-2980
ahandupinc.org

Items being accepted are pots, pans, dishes, glassware, coffee makers, microwaves, silverware, bakeware, mixing bowls, storage canisters, cooking utensils and small appliances. No formal china, stemware or high-end appliances. Clean and gently used sheets, blankets, comforters, mattress covers, towels, pot holders, bath mats, shower curtains, and small rugs may also be donated. Pickups and dropoffs need to be scheduled.

LIVING Spaces

Market Square Thrift Shop
230 Market Square, Rear
Newington
860-667-7174

This thrift shop benefiting the Church of Christ Congregational, accepts small household appliances, dishes and glassware, home goods, gift items, toys and games.

The Clothes Horse
175 Park Road
West Hartford
860-233-1411

Among the items accepted are artwork, pottery, paintings, prints, housewares, books, decorations, unopened gifts and holiday items.

Second Chance Shop
730 Hebron Avenue
Glastonbury
860-633-5188
and
12 Station Street
Simsbury
860-658-7152

The shops accept household items such as china, glasses, linens, antiques and collectibles. No furniture, beds, cribs, strollers, car seats, exercise equipment or appliances can be donated. Run by auxiliary volunteers, proceeds from these

shops benefit the work of The Village for Families and Children.



Bicycles

Simsbury

Free Bike

828 Hopmeadow Street

Simsbury

860-841-2611

simsbury.bike

This free multi-town bike share program accepts bikes that are in good condition (no rust, no repairs needed). Bikes left at The Bicycle Cellar at 532 Hopmeadow Street will be brought to Simsbury Free Bike.

Household hazardous waste

Special collections are held for household hazardous waste that is generally defined as toxic, flamma-

ble, reactive or corrosive materials. These include oil-based paints, thinners, pool chemicals, pesticides, mercury fever thermometers and gasoline.

April 30, Farmington Farmington High School, 10 Monteith Drive, 8 a.m.-1 p.m. (Also serving Simsbury, Avon and Canton residents.)

May 7, Newington, Town Garage, 281 Milk Lane, 8 a.m.-1 p.m. (Also serving Rocky Hill, West Hartford and Wethersfield residents.)

June 12, West Hartford, Emanuel Synagogue, 160 Mohegan Drive, 8 a.m.-1 p.m. (Also serving Newington, Rocky Hill and Wethersfield residents.)

June 18, Simsbury, Public Works Facility, 66 Town Forest Road, 8 a.m.-1 p.m. (Also serving Farmington, Avon and Canton residents.)

June 25, Wethersfield, Webb School, 51 Willow Street, 8 a.m.-1 p.m. (Also serving Newington, Rocky Hill and West Hartford residents.)

July 9, Rocky Hill, Stevens School, 322 Orchard Street, 8 a.m.-1 p.m. (Also serving Newington, West Hartford and Wethersfield residents.)



September 24, West Hartford, Public Works Garage, Oakwood Avenue, 8 a.m.-1 p.m. (Also serving Newington, Rocky Hill and Wethersfield residents.) **GL**



READ
LIFE
ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

HARMONY

Home Improvement

Creating a Harmony customer, contractor & community

100% FINANCING AVAILABLE

ROOFING • SIDING • WINDOWS & more...

CALL NOW for our
SPRING ROOFING SALE

CALL NOW for a **FREE** upgrade to lifetime shingles with this ad only

860-645-8899

Lic. #604200/ Fully Insured/Free Estimates

Factory Certified with **CertainTeed**

FRANKLIN

Painting LLC

Interior & Exterior Residential Specialists

“Check” us out:

- ✓ On time, courteous professionals
- ✓ Written satisfaction guarantee
- ✓ Call for a quote today!
- ✓ Staff Color Consultant on call
- ✓ Get Peace of Mind & A New Look
- ✓ No Hassles or Headaches

877-646-7774

Woman-Owned & Family-Operated
Serving Greater Hartford Area Since 1978

24/7 Emergency 860-296-9624

Tony Marzano

PLUMBING & HEATING

FAMILY OWNED AND OPERATED SINCE 1978

BOILERS • WATER HEATERS • KITCHEN & BATHROOM REMODEL
RADIATORS • DRAIN CLEANING • GENERATORS • SUMP PUMPS

g.com

Lic. # 0287509-P1

Si Parla Italiano

Se Habla Español

\$25 OFF

Gas/Electric

Water Heaters

\$100 OFF

New Boiler/Furnace

Installation

Complete Bathroom & Kitchen Remodeling
Sewer/Drain Cleaning • Generators

Repairing Specialists, Sump Pumps, Gas Logs, Sewer and
Drain Lines, Garbage Disposals, Senior Discounts

DEITCH

ENERGY

Looking for a cool breeze on a hot summer day,
call us for a free estimate on new cooling equipment

Call for competitive
fuel oil pricing!

HOD 0000962
Lic.# S-1 303418

860.728.5431

Follow us on

Retail Fuel Distributor
HVAC Sales & Service

deitchfuel@aol.com

Yes. They are as fun as they look. Summer starts here. Book now!



**We also have everything you need
for your Party or Outdoor Wedding**



- Tents
- Tables & Chairs
- Accessories

Call 860-633-3551

KATZ
ACE
HARDWARE & RENTAL

Benjamin Moore



www.katzhardware.com